Chicester Herald

Friday 8th March 2013
YOUR FREE WEEKLY NEWSPAPER

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TOMMY BOYD
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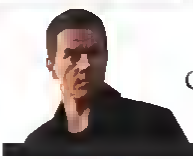

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Critic: Becoming an 'anywhereville'

» *Fight for town centre soul moves up a gear*

Dean Adams
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NEWS@CHICHESTERHERALD.CO.UK

SHOPKEEPERS fighting to stay in business at Chichester's Little London Walk shopping arcade have this week thrown down the gauntlet to the big London landlords who want to rip it down.

They have vowed to fight plans to redevelop the listed, quirky parade of small shops, formerly known as Saddler's Walk in East Street and turn the city centre into what one critic describes as an "anywhereville."

Those with short leases with London's PMB Holdings of Wimbledon have either gone or are leaving to quit.

But a handful have long-leases running till 2019 or 2020 and say shoppers want them to stay—some have been in the arcade more than two decades.

"I'm surprised to see the landlord has applied for planning permission" Zigzag shoe shop owner Lin Steam told the Herald. "There are still four successful businesses trading with leases secured for several years under the Landlord & Tenant Act."

> "Chichester 30 years ago was largely made up of small shops, local historian Alan Green recalls"

Next door, Chives café owner Carole Mackie has been trading 15 years. Loyal customers are keeping the business thriving, she points out.

Also in the arcade are Cake Fayre confectionary and Whitby's which is one of Chichester's few remaining camera shops since Jessop's closed across the street.

The campaign to save the small traders is spearheaded by the Lib Dem's candidate for

Luke Pepp director of Whitby [illegible] Zig a [illegible] campaigner John Illenden and Jean Anger [illegible] Cake Fayre.

West Sussex county council's Chichester North seat, John Illenden, who is calling on the city's planning authority to stand up for small businesses.

He warned: "There's no turning back once we've thrown away Chichester's individuality.

"Chichester is famous for its individual shops that offer friendly service, especially those established for 15 to 20 years.

"The last thing we need is another big chain outlet."

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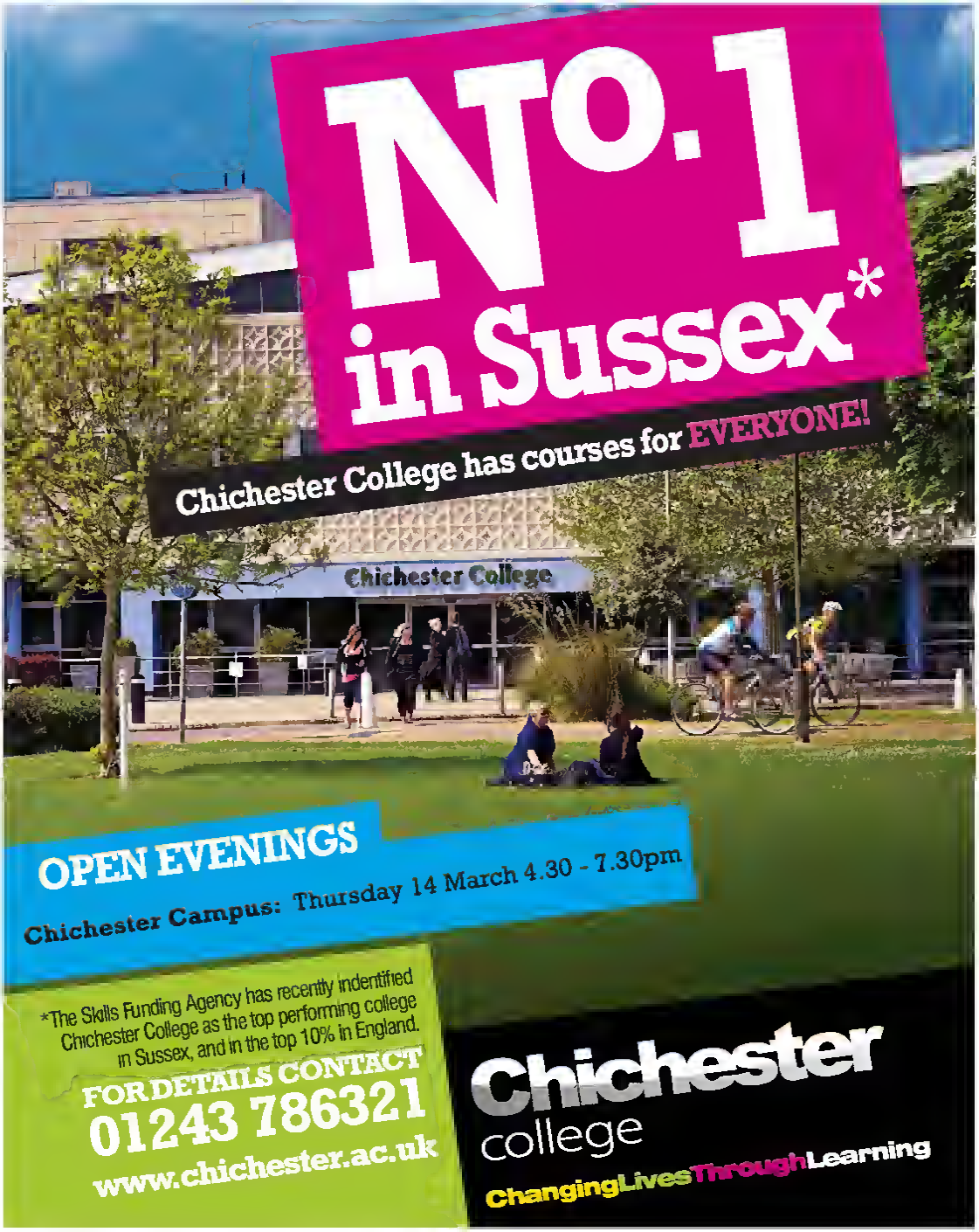
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Body confirmed as missing woman

THE BODY found in woodland by a walker on Sunday was that of a 57-year-old woman who went missing from her Aldwick home a month ago.

Sandra Hall was last seen in Bognor Regis on 3 February.

The body of Ms Hall was discovered in a wooded copse on Tye Lane, Walberton, on Sunday morning.

Insp Nick Bowman said: "News of the discovery is terribly sad. Today (Sunday) we were out renewing our appeals when we received a call from a member of the public at about 10am. He had been out walking when he found the body of a woman in a wooded copse in Walberton."

Her daughter, Emma Collingford, said: "Sandra touched and lit up the lives of so many people she met or befriended over the years.

She added: "She was a generous, loving spirit, always prepared to go that extra mile to help and support others, despite the difficulties she had had for many years coping with her own bi-polar disorder.

"She is and will always be deeply loved by her family and her many friends, who so much wanted for her to be safe so that she could re-start her life with the care and support she needed to start flourishing again.

Sandra's memory lives on in all of us and we want people to feel uplifted by the special privilege of having shared life, love, laughter and tears with Sandra. We know she now has the peace she so much craved."

Her family said she had many friends in West Sussex, Lancaster and Cumbria.

Insp Nick Bowman added: "This is clearly very tragic news for her family and friends. Our thoughts are with them as they start to come to terms with their loss.

"There were no suspicious circumstances linked to the discovery of her body and a full report has been submitted to the coroner."

Full Council backs proposals

CHICHESTER District Council will continue to charge the lowest district / borough council tax rate in the whole of Sussex after councillors agreed to increase the average council tax bill by just 10p a week.

A meeting of the Full Council met on Tuesday to discuss how to tackle further Government cuts, which will amount to a further 12.4% in the next financial year, and 12.5% in 2014/15.

Chichester District Council charges one of the lowest council tax rates in the country due to the amount of efficiencies it has made over the past few years. The Government recognises this and has provided the council with greater freedom on how it determines its council tax rate.

This is important, because if the council does not respond to this opportunity now, the impact on residents could be greater in the future. Currently, the highest charging district / borough in Sussex charges the average taxpayer £5.27 a week – which is more than double what Chichester District charges (£2.56 a week). Following today's decision, the average rate will rise to about £2.66 a week.

Although the council collects the council tax, this is then distributed to a number of public services. The council's share amounts to around 9% of the amount paid each year. The rest goes to West Sussex County Council (79%), the Sussex Police and Crime Commissioner (9%) and parish councils (3% on average).

Continued from page 1

He accused Tory councillors of "making excuses" that there are alternative premises when, instead, they should be protecting small shops the community values.

Chichester 30 years ago was largely made up of small shops, local historian Alan Green recalls.

But since then, the city centre could turn into "a high street anywhere" dominated by chain stores.

"It's another step towards Chichester becoming "anywhereville," he fears.

Arun District branch of the Federation of Small Businesses is worried about the vulnerability of small shops in what is now emerging as a 'David and Goliath' struggle.

Branch chairman Chris Heaps revealed: "We're concerned that landlords generally might be seen to manipulate trading conditions to their gain and to the detriment of the small businesses."

But the landlord developers, who took over Saddlers Walk in 2007, say the arcade is "not viable or making money."

A PME Holdings spokesman told the Herald: "We found shoppers just weren't coming into the arcade because there's no footfall."

It needs something to draw people in, like a personality restaurant—one was planned last year involving Jamie Oliver, but they pulled out."

The scheme would keep the facia of the listed building in East Street, but would demolish the later annexe behind.

The renamed Little London Walk arcade has interest from two major high street names, the spokesman claimed, but there won't be a deal until the scheme gets planning approval.

The small traders have failed to win the backing of Chichester's Chamber of Commerce. Its president, Farid Ahmed, believes larger stores would mean more local jobs.

"They also act as 'anchors' at the end of streets," he added. "Large stores encourage footfall, and bring people into the city."

The arcade shops have been vacated one after another—traders, it is believed, had to quit because of short-term leases not being renewed.

Let us know what you think
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Anorak Corner

Did you know? A taster of Chichester facts and figures...

At the time of the Norman conquest Chichester probably had a population of less than 1,500 people.

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Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@HannahLockey94
"It's so pretty here! Watch out Roehamptom, Chichester might be beating ya"

@DCRlads
"Just to end the rumors we are defo playing the huge festival which is the Chichester Inn on 15th March, better than any other festival"

@thefixupteam
"#girlonfirecg hed the best time with Chichester Girls today – Kung Fu your way to the top girls!!!"

@3SussexWriters
"Follow @FestofChi for the latest updates on cultural events in #Chichester this summer. Can't wait!"

@ParkTavernChi
"You might not think there's mom for more pictures on our walls but we've been to the framers. Watch this space"

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Any moment Mr Humphries might pop up and surprise you

Tommy Boyd

TURKEY POO?
Or what is the aroma Chichester has been enjoying? Have you smelt it?

BANKERS BONUSES
Apparently if we cap their bonuses they'll be off elsewhere and our economy will suffer. At this moment in time all of us are driven by simple uncomplicated malice towards the men and women who practice this toxic profession and appear incompetent except when it comes to their own remuneration.

ARE YOU BEING SERVED
The Army and Navy (House of Fraser) is the best shop for impotent browsing in Chichester obviously. At any moment Mr Humphries might pop up and surprise you. Last week we learned it used to be called "Morants".

THE TOWN CLERK
Emails me. Dear Tommy
The City Council have long had a policy of naming streets to ensure a link with the City. Just off Swanfield Drive we have Morants Close. Edgar Tozer a former Deputy Mayor of the City owned Morants Departmental Store.
A road off St Pancras, formerly known as Mayflower Way was renamed Tozer Way as Mr Tozer provided premises in The Hornet as a rest room for elderly people. This was later sold off to provide for a hotel in Swanage for use by Chichester pensioners.
All this and more from 'The Street Names of Chichester' available from our offices at £4.95. We also have up to date information of new roads named post the publication of the book and which will be included in the next edition.
Best wishes
Rodney Duggua

UTD
We will never win a Champions League again. Nor a Eurovision Song Contest. Both are rigged against us. Europe doesn't like us. This is nearly enough to make me vote "Non" to staying in the EU.

LTD
Why do we have limited companies? They protect traders from having to pay their bills if they screw up. It a private individual fails to pay bills they are hauled up and goods to the value of are bailiffed out of their home. If a bloke buys himself a company (£80) and ends up owing people, he just shuts down the company and two fingers to the world. Then he starts up another one and does the same. It isn't right.

STD
I had to explain to a nineteen year-old what 01243 meant, and why you don't need to dial it if you are on a landline in Chichester.

JOKE
A banker buys a fourth home, a farm, and decides to start a business. He goes to a supplier and says "I'd like a thousand baby turkeys" the man says "Wow you're serious" The banker says "It's the only way to make money" A few days later the banker returns and says to the man "Another thousand please." The man says "Wow you are going places with this!" The banker says "Yes. Just got to iron out a few problems" "The man says "Like what?" The banker says "I think I planted the last lot too close together."

Let us know what you think
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Distribution locations include: Tesco, Sainsbury's Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Chilworld, newsagents, One Stop, Chichester College plus **314 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

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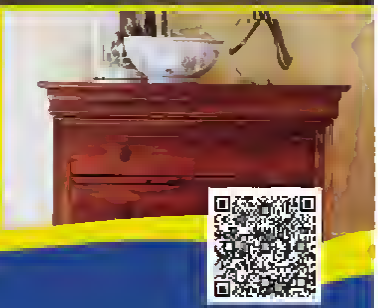

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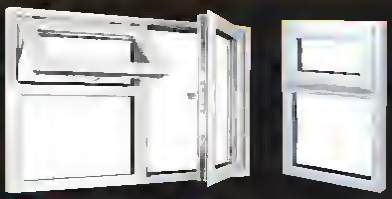

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Midhurst man pleads guilty to benefit fraud

A MAN has been ordered to undertake community work after falsely claiming nearly £13,000 in benefits.

Jason Huggett, 38, of Park Crescent, Midhurst, was claiming Council Tax Benefit between February 2010 and June 2012 and Jobseekers Allowance between February 2010 and September 2010 while working.

He was overpaid Council Tax Benefit and Jobseekers Allowance totalling £12,906.57.

He was caught following a joint investigation between Chichester District Council and the Department for Work and Pensions.

Mr Huggett appeared at Worthing Magistrates' Court on Monday 25 February. He pleaded guilty to three charges of failing to notify changes in his circumstances to both Chichester District Council and the Department for Work and Pensions, and providing false documents to the council.

He was ordered to undertake 100 hours of community work and to pay £400 towards costs.

Both Chichester District Council and the Department for Work and Pensions will seek to recover all overpaid benefit.

Councillor Tony Dignum, Cabinet Member for Finance at Chichester District Council, says: "This case highlights the fact that theft from the public purse – money belonging to the community – will not be tolerated. The benefits system is there to help those most in need, not those who want to abuse it by claiming money they are not entitled to.

"I cannot stress enough how important it is for people to let us know if there is any change to their circumstances so our officers can check to see if it may affect their benefit entitlement. People often remember to do so if their circumstances change for the worse but if they improve they need to tell us as well.

"Benefit fraud is a very serious crime and we will continue to prosecute those people guilty of it."

If you suspect anyone of committing benefit fraud you can contact the council's investigation team on a confidential 24 hour fraud hotline number – 01243 534590. Or you can report it online at www.chichester.gov.uk/ReportBenefitFraud

Appeal for witnesses to Selsey knifepoint robbery

POLICE are appealing for witnesses to a knifepoint robbery of a mobile garage in Selsey on Friday 1 March.

Two men entered the Selsey Tyre and Battery Centre, High Street, at 5.50pm just as the victim was locking up for the day. They threatened him with a knife and stole cash, keys and a mobile phone.

The victim suffered a minor cut and was badly shaken by his ordeal. One of the suspects is described as 5'5" and the second one as taller than 5'5". There is no description of what they were wearing or which direction they made off in.

Anyone with information should contact Sussex Police on 101 quoting serial 1309 of 1/03.

£130,000 works to improve B2141 at Harting Hill

A STRETCH of the B2141 near Harting Hill is being improved to make it safer for road users.

The road, between the junction of the B2146 and Hill Lane, will be closed temporarily from 9.30am to 3.30pm between Monday, March 18 and Wednesday, March 20.

West Sussex County Council's contractor Balfour Beatty is resurfacing the length of the carriageway.

Reflective marker posts will be installed on the bends to complement chevron signs already located there.

The works will cost £130,000 and are subject to suitable weather and road surface conditions.

Traffic will be diverted during daytime hours onto the B2178 and B2146 between Lavant and South Harting.

Emergency and pedestrian access will be maintained at all times.

Vehicle access to properties and businesses will be managed by the contractor.

Woman seriously injured in Birdham collision

A 46-YEAR-OLD local woman has been airlifted to Southampton General Hospital following a single vehicle collision in Hall Lane, Birdham, Chichester at around 9.15am on Monday morning (4 Mar).

The woman, who was a front seat passenger in a blue Renault Clio, has suffered potentially life threatening injuries. The driver, a 20-year-old woman, and the rear seat passenger, a 23-year-old woman, suffered minor injuries.

Sergeant Jim Stobart from West Sussex Road Policing Unit said: "It is thought the driver may have lost control whilst negotiating a bend which has then caused her to collide head-on with a garden wall.

"I would appeal to anyone who was in the area and witnessed the collision and has not yet come forward to please do so. You can call 101 quoting Op Senate or email collision.appeal@sussex.pnn.police.uk."

The A286 was closed for several hours whilst police and emergency services, including West Sussex Fire and Rescue, attended the collision. Officers would like to thank drivers for their patience.

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Thousands allocated to good causes

SEVERAL good causes will receive cash injections following the recent meetings of the South and North Chichester County Local Committees.

The South Chichester County Committee awarded more than £5,000 of Community Initiative Funding to nine local projects, whilst North Chichester handed out £9,000.

The grants for the South were:

- Chichester Ship Canal Trust – £1,000 towards picnic table purchases;
- Bosham Football Club – £1,500 towards repairs to a leaky roof;
- Weald & Downland Open Air Museum £1,000 towards Sussex Day event;
- Cloud Nine Musical Theatre Group – £300 towards the purchase of speakers for drama workshops;
- Chidham & Hambrook Village Hall Management Committee – £1,000 towards kitchen refurbishment for Chidham & Hambrook Village Hall;
- Selsey U3A – £1,000 towards start up equipment for Selsey U3A;
- Youth Dream – £1,000 towards Selsey Community Redevelopment;
- Brent Lodge Bird & Wildlife Hospital – £250 towards fox triage cages.

The Committee also agreed to award £1,010 to the Trussells Trust Food Bank, based at Chichester Family Church in Orchard Street.

Chairman Mike Hall said: "We have been delighted to help so many local projects using CIF grants over the last year.

"This was the final round of awards for the current financial year and there were a number of projects which were unsuccessful this time.

"I would encourage these groups – and any other local organisations that need support for projects in 2013/14 – to apply for a grant ahead of the next meeting in June."

At the meeting, the Committee approved proposals for a Traffic Regulation Order which would extend the Residents' Parking Scheme to a number of areas across Chichester parking controls.

It also agreed a proposed speed limit reduction along the A286/Broyle Road, which will see the limit lowered from 40mph to 30mph along a section of road.

The next South Chichester CLC meeting will be held at 7pm on Tuesday, June 11. The venue has yet to be confirmed.

For more information about South Chichester CLC or Community Initiative Funding, please visit www.westsussex.gov.uk.

North Chichester County Local Committee (CLC) has allocated grants totalling more than £9,000 to deserving local organisations.

The Committee allocated the rest of the funding available from the current year's Community Initiative Fund at its meeting last week.

The grants agreed were:

- £1,600 to Plaistow Youth Club, to purchase new equipment and repair existing equipment.
- £2,500 to Northchapel Swimming Pool, funding towards the enclosure of the pool.
- £2,637.56 to Henry Warren Village Club, Nyewood, towards the refurbishment and upgrade of the hall.
- £2,500 to Chichester Area Mind, towards equipment to support activities for people with dementia within their own home (this funding was recalculated after being returned to the Committee by a similar project).

Weald & Downland Open Air Museum at Singleton will benefit from the latest grants.

Committee Chairman Michael Brown said: "We were able to support a good range of organisations with the last of the Community Initiative Fund for this year, and I look forward to seeing the outcome of these projects.

"We will have a new pot of funding available from April, and I would urge local projects and organisations to consider applying now for funding as we are keen to support community initiatives in the North Chichester area."

Also at the meeting, the Committee agreed a Traffic Regulation Order for Marley Lane, Lynchmere, which will see the introduction of double yellow lines on a section of the road.

North Chichester CLC next meets on Tuesday July 2, from 7pm, at Compton and Up Marden CE School, Compton, PO18 9EZ.

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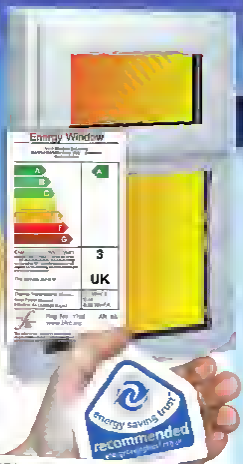

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Operation Watershed well and truly up and running

WEST Sussex County Council's campaign to fight flooding problems caused by extreme weather has sprung into action.

Operation Watershed – backed up by an £8.25m fund – was introduced in response to the heaviest rainfall to hit West Sussex in over a century.

Surface water brought great strain upon the drainage infrastructure and widespread damage to the road network.

Peter Montyn, Cabinet Member for Highways and Transport, said: "The County Council moved quickly to help the communities worst affected by the flooding.

"Twelve locations in West Sussex have received, or are about to receive, significant drainage improvements.

"This includes works such as reshaping roads, clearing out ditches, installing new pipes and repairing sea outfalls."

Louise Goldsmith, Leader of West Sussex County Council, said: "Operation Watershed is well and truly up and running.

"We have already made headway in a number of flooding hotspots, with further locations being tackled throughout spring and summer.

"We are committed to seeing this through and preventing these problems happening again if such dreadful weather ever returned in future."

The County Council called on its reserves to fund the operation.

It dedicated £4m of the Operation Watershed budget towards flood issues.

This is being spent on:

- Fixing flooding hotspots identified after the floods in June 2012,
- Fixing flooding hotspots which appeared during the heavy rainfall over Christmas,
- Contributing to schemes with partner organisations where drainage systems need improvements, and
- Putting surface water management plans in place to combat flooding in future years in Lidsey, Easebourne, Lavant, Lavant Valley, Chichester and the Manhood Peninsula.

In addition, £500,000 is being spent on providing extra pothole patrol crews to repair the road network.

This is on top of what West Sussex County Council already spends on roads maintenance.

£2.5m has been earmarked for any consequential damage to the highway once the flooding for these projects has been used up.

A further £1.2m will be spent on supporting community works, including working with private owners to clear ditches.

The locations where drainage problems are being tackled by Operation Watershed are as follows:

- Meads Barn Lane, Manor Way, Manor Close, West Beach (Hosier) at Lancing – Clearance of ditches and weirs,
- Delling Lane/Sturrups Lane/Smugglers Lane/Newells Lane at Bosham – Replacing 20 metres plus of pipe,
- Church Lane, Birdham – Clearing and reconstructing culverts,
- Elmer Road/Yapton Road/Comet Corner at Middleton – Clearing drains and culverts,
- Colworth – Culvert reconstruction,
- Sea Road, Littlehampton – Repairing sea outfalls,
- Sea Lane, East Preston – Repairing eight sea outfalls in poor condition,
- Sack Lane, Shripney – Reprofiling the road to prevent pools of water forming,
- College Lane, Chichester – Reprofiling the road,
- A272 North Mill Bridge, Easebourne – Enlarging the gullies and reshaping the road,
- A272 Easebourne Street, Easebourne – Fixing collapsed pipe and completing full survey and repair of drainage system,
- Fishbourne Road East, Chichester – Increasing depth of gullies, reshaping roads and increase the height of headwall.

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North Devon Explorer – 9 June & 8 Sept 2013 - 6 Days
Using the excellent Bond Group club sites, we visit the Royal and Fortescue in Ilfracombe in June and the Royal in Ilfracombe in September. Both tours visit Arlington Court, Rosemoor, enjoy a canal cruise and scenic trip and have wonderful drives through the pretty North Devon countryside.
The Royal & Fortescue Hotel ★★★
A former coaching inn right in the centre of Barnstaple, this historic three-star hotel combines old world character and charm with the convenience of a modern hotel. All rooms are equipped with TV radio, telephone, hairdryer and hospitality tray.
The Royal Hotel ★★★
Standing at the eastern end of the medieval bridge spanning the River Torridge in the ancient port of Bideford, our three-star hotel has a comfortable lounge and a traditional bar. Bedrooms have TV, telephone, hairdryer and hospitality tray, tea-making tray.

Constable Country & East Anglia – 7 July 2013 - 5 Days
We return to the Marks Tey Hotel to explore the little villages, sandy beaches and verdant countryside which have inspired famous painters such as Constable and Gainsborough. We take in the Essex Sunshine Coast, the capital of East Anglia, Bury St Edmunds, and the beautiful Beth Chatto Gardens.
Marks Tey Hotel ★★★★
This 4-star modern hotel is situated on the outskirts of Colchester, Britain's oldest recorded town. The hotel boasts an indoor swimming pool, sauna, steam room, Jacuzzi and gym. All rooms have TV, telephone, hairdryer and hospitality tray. The hotel does not have a lift, but ground floor rooms are available.

Scotland By Steam – 6 August 2013 - 7 Days
We tour through the beautiful countryside of Scotland by road, steam train and paddle steamer! Enjoy the Jacobite, Glenfinnan Viaduct, the Falkirk Wheel and the Waverley Paddle Steamer. Our hotel in Bryngwyn is also providing a route variation on three nights of our stay.
Winnock Hotel ★★
Our hotel dates back to the 1700s and is situated on the edge of a village green nestled in the centre of Bryngwyn, not far from Loch Lomond. Over the years it has been lovingly restored and tastefully extended and now offers 72 bedrooms, cosy lounges, open log fires and a bar lounge. All rooms have TV, radio, telephone, hairdryer and hospitality tray.

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The course is designed to be fun for absolute beginners who have never picked up a brush before through to improvers, says Art Director Peter of Stringers Gallery Petworth.

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SEASIDE VISTAS

By the end of the course, students have created a minimum of 8 pieces of their very own original art they can enjoy forever, from country landscapes to stunning Seaside Vistas. What better way to enjoy the spring months and participate in something you will look forward to every single week.

MAKE NEW FRIENDS AND MEET NEW PEOPLE

The final day of the art class will be the preparation for an exhibition held in Chichester Town Centre later that day, featuring the work created over the 3 ½ month part-time course.

YOUNG AT HEART

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LEARN NEW SKILLS, MEET NEW FRIENDS AND CREATE ORIGINAL WORKS OF ART

70th anniversary of Resistance hero's fateful flight

THE UNIVERSITY of Chichester played host to a special day to mark the 70th anniversary of French Resistance hero Jean Moulin's flights to and from RAF Tangmere.

Moulin flew into Tangmere in February 1943 in order to attend talks with Charles de Gaulle in London. After crucial meetings with de Gaulle that formed the cornerstone of the French Resistance, an attempt was made to return Moulin to France with vital instructions. Due to fog, the Lysander aircraft, flown by Squadron Leader Hugh Verity, had to return to Tangmere, where it crash landed spectacularly. Remarkably, even though the aircraft was written off, neither man was hurt. Moulin was eventually returned to France at the third attempt nearly a month later.

To mark the 70th anniversary, Martyn Bell organised a special day of commemorations, bringing together the Friends of Chartres, Chichester City Council, the University of Chichester and Tangmere Military Aviation Museum – the site of the crash. The event also marks the start of a collaboration between the University and the Museum, Associate Lecturer Andrew Smith has received funding to conduct follow up research work on Jean Moulin, the French Resistance and its relationship with Tangmere. The research work will be presented at a conference on French History this summer.

The Operation. Picture enactment by Decoin Style

The day began at the museum in the morning with a service of remembrance in the Museum memorial garden. This was followed by a tour of the Museum and a re-enactment of RAF Operations Room by Decoin Style (www.decoinstyle.co.uk) at the University's Bishop Otter Campus, where operations for RAF Tangmere were based during the war.

Excerpts were shown from an interview with Hugh Verity by documentary filmmaker Martyn Cox, and Professor Julian Jackson of Queen Mary, University of London gave a talk on Moulin and de Gaulle.

The day concluded with a screening of the classic French Resistance film, L'armée des ombres at Chichester Cinema at New Park.

Concert raises funds for children in Malawi

This Year 8 fundraising [illegible] with Pauline [illegible]

PUPILS at The Prebendal School in Chichester are making a difference following a memorable concert at St Richard's Church in Shindon. The School's Concert Band took to the stage on Saturday 2nd March 2013 in aid of The Nick Webber Trust. The organisation was set up in memory of Nick Webber who used to attend St Richard's. He tragically died at the age of 28 in a car crash while working in Malawi as a volunteer lawyer. Year 8 pupils at The Prebendal School are encouraged to raise money for charity and this term Imogen Ashby, Catherine Dickinson, Joseph Hammond, Isabella Hicks, Jocelyn Madden and Francesca Miller chose The Nick Webber Trust. The charity helps street children in Malawi and every £250 raised provides one year's food, accommodation and education for one child.

13 year old Imogen said: "What started out as a vague idea has turned into reality. Thank you to everyone who has supported this – without you, it would not have been possible and what better location could we have had than the church Nick used to come to."

The concert, which was also attended by Nick's mother Pauline, has raised more than £1,300 and the children have already raised a further £500 from selling cakes and glow sticks.

Head Master, Tim Cannell, said: "The concert was a fantastic idea to raise awareness and money to help children in Malawi. I am so glad that it was such a success and the children are a credit to themselves and to the School."

The Prebendal School has educated the choristers of Chichester Cathedral for over 500 years and the School has developed an enviable reputation as a centre for musical excellence. Pupils aged 8-13 play in the Concert Band which is one of many music groups in the School.

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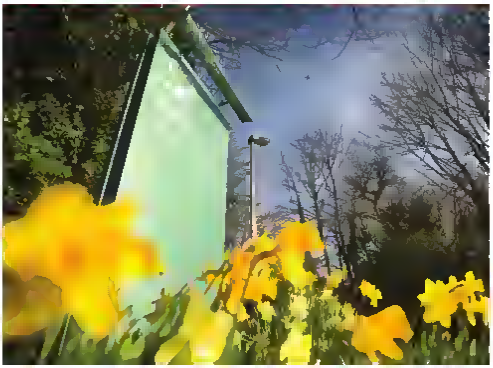

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A Girl and a Tent

Mia Edwards

LAST WEEKEND I was camping with school for my D of E. Camping is not something that I adore. When I was 7, my parents took me and my then innocent little brother out of school and travelled round Europe in a campervan. You would think that this great experience would have been a nice entry point into the outdoors for me, but no. I've learnt the hard way that camping brings out the inner savage in us all. Yes, you too.

Camping with school is slightly different though, and so much fun, maybe because your friends are there. But think about that time you wanted some ice cream and it was in the back of the freezer so you had to reach in and ruffle around a bit, thus submitting your arm to a world of peril and icy pain? Well now imagine that it was a walk-in freezer. That was my general feeling for a majority of the time this weekend. And the only way to reduce this feeling is by piling on the layers of clothes. Looking and walking like a penguin is exhausting.

It brings out the excellence of our wonderful younger generation. The blend of all the different types from our school having to spend time together maybe wasn't sensible. I heard some lovely language coming from a girl who overheard the phrase once is more than enough and said (and I'll use word 'toot' to replace another word here in the spirit of our compathon) 'toot off I testing hate posh people'. It's great to see the lessons people go to in the name of teamwork.

You'd think but it would be enough that you have to live in a piece of fabric that claims to be waterproof but lies slung over some poles. But no, there is more, we could not wash. It might not seem that drastic, but we were all girls. Girls wash a LOT. We talk about it all the time. It's literally like a battle of who is the cleanest sometimes I'm sure a lot of debate went towards people looking presentable that weekend. I accepted defeat and gave nature a look of respect that said, I may dislike you, but at least throughout all this your coldness kept our chocolate intact. In fact, for that, I almost forgive you your sins.

So camp away friendships, but don't forget to bring sugary snacks, if not to eat then to throw at posh people.

Let us know what you think

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Students make a stand in Dubai

TWO students from the University of Chichester have represented Sussex Women's U19 in an international cricket tournament in Dubai.

Sophie Parnell and Jade Elphick were part of the team that competed in the Arabian Cricket Challenge (ARCH). The Sussex U19 team was only established last year, previously the Women's section had only gone up to Under 17's and then straight to seniors.

Sophie and Jade are not the first female cricketers to study at the University, indeed, when it was a training college for female teachers between 1873 and 1957, it operated a competitive women's cricket team. The present day institution continues to be an active promoter of women's sport and is the home of the Anita White Foundation (AWF), which holds the archive of the women's sport movement. Recently the AWF were commissioned to conduct a report for the IWG due to be published in March.

The team won all three of their group games against Lancashire, Wales and Scotland, to progress to the final where they face Marylebone Cricket Club (MCC), selected from England's U19 development squad. Unfortunately the team were unable to continue their winning streak, coming within 22 runs of victory but falling just short.

Jade said: "I got into cricket from about the age of nine and have played for my county (Sussex) ever since and also play for Brighton and Hove CC Women's with Sophie. It was amazing and such a good opportunity, we were lucky enough to play on international test grounds including Zayed Stadium. I took a wicket in the final my figures were 1-9-1 from 7 overs. Sophie also batted very well in the final."

Sophie said: "I have been playing cricket for about 12 years now and have made my way through the SWCA set up from U11's. I started playing for the Sussex Women seniors in 2009 and currently am still in that team."

Nuffield Health Chichester's invites you to their 80's themed Comic Relief fundraiser! Friday March 15th 10-5pm

THE ANNUAL comic relief event is fast approaching and the team at Nuffield will be rocking the 80's theme on the day to celebration of the birth of the charity set up in 1985. Comic Relief provides funding to a variety of initiatives both in the UK and abroad. The Charity has assisted some of the most vulnerable people in society by raising awareness through their fundraisers, Red Nose Day and Sport Relief. To date, the charity has raised over £800 million and given support to change people's lives in over 70 countries through over 15,000 projects.

Nuffield Health Chichester will be holding their event on Friday March 15th from 10am to 5pm. The day will host a variety of activities in order to raise funds for Comic Relief. The team will also be forfeiting challenges given to them which will involve mini gym trials and much much more! There will also be a host of local business showcasing various services ranging from beauty treatments to hand made jewellery. The club will be opening its doors on the day to non members for a donation of £5 per person. They will be able to take part in any of the challenges and have full use of all the clubs facilities on the day.

Nuffield Health Chichester boasts a large spacious gym with free weights area, 20 metre heated pool with sauna and steam room, over 55 fitness classes and café bar offering light refreshments. 100% of donations will be going to Comic Relief from the day. Come and have some fun and show your support on this special day.

To book for the Comic Relief event please contact Lisa at the club on 01243 788678 or email Chichester.membership@nuffieldhealth.com. Towels are £1 per guest. ID required. 16 years and over. Paid for services not included on the day.

To find out how you can get involved in Comic Relief go to their website http://www.comicrelief.com/home

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Otherwise if interested in a rabbit, please complete the online form on www.crrc.co.uk click on Adopt a pet and under the rabbit picture is the form and policies. Rabbits are only rehomed in pairs or bonded with your own neutered rabbit at The Centre.

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• Spaghetti is a fun female and Tagliatelle a black and white male must go to a home together. Both friendly, neutered, and nearly 4 years old.

• Clover is a ginger and white friendly, neutered female and her son Utterly Butterly a friendly, neutered male who was born at The Rescue.

• Relentless is a 1-year old friendly neutered, brown female.

• Spring Roll is a grey, ginger and black 6 month old friendly male.

• Victoria is a light grey lop and Custard a dark grey lop. Both rabbits are large, and would need extra big accommodation. They are about 2 years old, friendly, neutered females.

All rabbits are vaccinated for myxomatosis and VHD and covered by Petplan insurance for up to 4 weeks. If the rabbit is neutered/spayed the minimum donation is £35, or if un-neutered you will be given a voucher for neutering free at The Rescue when the rabbit is old enough.

Cat and Rabbit Rescue Centre, Holbarrow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk. Tel: 01243 641409.

Transition Chichester's Green Drinks – a TCHI special

ON THURSDAY 14 March members of Chichester's local currency, the TCHI (rhymes with 'sky') are being invited to join a social evening at the pub The Bell in Chichester. Transition Chichester recently signed up its 100th member to the local currency, meaning that over 1,000 TCHIs are now in circulation in the area stimulating great local social cohesion and re-integration, key features of the Transition process.

This special Green Drinks TCHI evening is a chance to meet other members of the scheme and find out what services are on offer through the TCHI Directory. Whether you are interested in a bike maintenance workshop, clothes tailoring services, business advice, a personal yoga lesson or a great many other wonderful and useful things, there will undoubtedly be a something for you. As a time backed currency each TCHI is exchangeable for 1 hour (we call it a 'nominal hour' i.e. it is a negotiated period of time rather than a strict measure) of work/services. Each person that signs up to the TCHI offers whichever services or skills that they wish, such as dog walking, a friend with whom to play chess, cookery lessons or website design, or any number of other things the options are vast and varied, and change as time goes by.

Keir Watson, one of the co-founders of Chichester's local currency said: "We've now got a really healthy number of people on our mailing list. However sometimes TCHI members can be hesitant about asking for a service if they've never met the person who is offering it. This social evening gives people the chance to meet, mingle and see what other TCHI members have for offer. It's set to be a great social affair, and no doubt an eye-opener for the fantastic things on offer for TCHIs."

If you'd like to attend the evening it starts at 6pm at The Bell, Broyle Road, Chichester. If you are not a member of the TCHI this is the perfect time to sign up to the scheme. A one off membership fee of £10 provides each new member with 7 TCHI which they can then start to spend time and time again.

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A blooming donation for Trust

FOUR members of the Arundel Flower Club visited the Aldingbourne Country Centre near Fontwell to make a generous donation of £100 on behalf of the club. The money was raised from one of the organisation's meetings and the Aldingbourne Trust was nominated to receive this wonderful amount. The Club frequently uses the Aldingbourne Country Centre for Club Meetings and social gatherings in the Café, the Trust appreciates the interest the Arundel Flower Club has taken in the charity's work.

Mary Smith, Kathy Harrison, Ann Grey and Mary Pickthorne from the Club presented the cheque to two Aldingbourne clients – Toby Moore and Lee Whitney, and they also took a tour around the Country Centre to see the various projects such as Furniture Restoration and Vintage, the Open Farm, the Bothy to the Woodland Walk, and they also enjoyed delicious tea and cake in the Country Centre's Café.

The members of the Club also voiced their support for the charity and the adults with learning disabilities the Trust supports. Nicki Clarke, Enterprise and Development Champion at the Aldingbourne Trust, enjoyed meeting and showing the Club members around the Country Centre. "We greatly appreciate their support and enthusiasm for the Aldingbourne Trust's work and thank the Club for their kind donation, support from local organisations such as the Arundel Flower Club is invaluable to us."

The Aldingbourne Trust is a local charity that supports adults with learning disabilities and runs projects across their various West Sussex sites that encourage a learning environment. This enables the clients to have the same opportunities as everyone else to live as independently and develop skills to gain employment.

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First Friday celebrates a decade of networking

WHEN LOCAL designer Steve Wilson moved his business from London to Sussex ten years ago, he decided to get to know his local business community by launching a brand new networking group called The First Friday Network. "Getting out and about to meet new business people each and every week just isn't possible when you're busy running your own business, so I decided to get local businesses to come and meet me!" In 2003 the very first group opened in Chichester and today, a decade later, the First Friday Network has spread nationwide, operating in over 20 locations and communicating with more than 1500 members online.

The way First Friday differs from other networking groups is that it is free and the atmosphere is relaxed and informal. "My vision is to give small businesses like mine something for nothing – there is no membership fee and no meeting fee, the only 'cost' is your time and effort," says Steve. "It is this kind of informal, fun atmosphere that naturally leads to business being done," he says. "I think it's the key to our success and makes us different from other networks – there is no forced referral generation, no forced '60 seconds' and no lock-outs. I believe if you want to do business you will anyway, without the hard-sell factor! Anyone is welcome to attend, all you have to do is to bring your business cards and any marketing material you want to share."

Because the First Friday atmosphere is fun and informal, members are encouraged to make their contacts at their own pace and on their own terms. It's a regular opportunity for them to exchange ideas, share solutions to mutual business problems, promote their businesses and help promote others. New alliances are formed, personal recommendations are made and newcomers can meet regulars and vice versa. Steve believes: "Networking is about making new friends and nurturing existing relationships, and this has never applied more than now in the current challenging economic climate."

Since the early days of the network in Chichester, First Friday has spread across the country with meetings held every month in East Sussex, West Sussex, Surrey, Kent, Hampshire and South Wales. All the groups are aligned to one another, but are run by local business people with local business knowledge. The website is very active with a members blog and business directory.

Recently Steve has applied this winning format to breakfast meetings where the same relaxed approach is attracting more and more members. Currently the breakfast groups operate in Chichester, Bognor Regis and Neath Port Talbot (South Wales) with plans to open a meeting in Lambeth (South London) shortly. The long term goal is to grow the First Friday network further into a national organisation.

"At the heart of every good business, large or small, are people, which is why, especially in this age of online engagement and social media, meeting face-to-face and personal contact is vital," says Steve.

If you are interested in attending any of the meetings or promoting your business online, or indeed running a breakfast or lunchtime group yourself, then visit www.firstfriday-network.co.uk for full details.

Members line up to celebrate the 10th anniversary of The First Friday Network (Photographs © Graham Sandford grahamsphotography@hotmail.co.uk)

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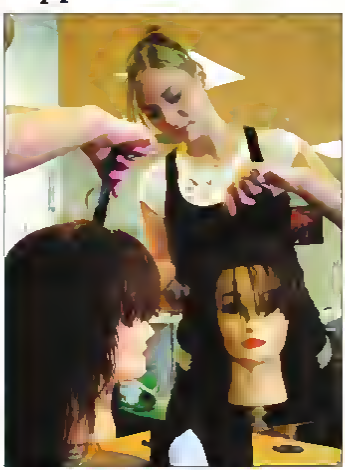
New apprenticeship project launch supports students and employers



CHICHESTER COLLEGE are delighted to announce they are working with the New Technologies for Apprenticeship (NTA) project. An exciting, part funded INTERREG European Community project, developing apprenticeship opportunities and exchanges between partners in both England and France.

With a strong focus on employers being involved in developing the tools and support structures that will be used to create the best possible experiences for apprentices, the project aims to promote apprenticeships as an increasingly attractive career option for many.

With the project launch planned for 14.00 Thursday the 14th of March at Fabrica Gallery, Duke's Street, Brighton, employers interested in recruiting or who are currently employing an apprentice in the areas of Hospitality and Catering, Hairdressing and Beauty or Motor Vehicles, are all encouraged to attend!

Making best use of new technologies to enhance learning experiences, the project will support any employers involved in developing a highly skilled workforce relevant to the demands of the modern work environment.

For details on how to register your attendance, please contact James Lavington on 07917 720915 or on 01243 786321 X2592. You can also email James on james.lavington@chichester.ac.uk

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Chichester Business

Get a good night's sleep for National Bed Month

IT'S NATIONAL BED MONTH and the sleep experts at Chi Beds @ Bosham are celebrating the Great British Bedtime. The bedroom showroom in Bosham is offering a free 'comfort test' and the team are on hand to advise customers on getting a good night's sleep.

Over 95% of beds from Chi Beds are British made. Geoff Bass who heads up the family run showroom says the bed industry is bucking the trend for British manufacturing. "We're pleased to support UK bed makers and our customers like to buy British. All through March we'll be celebrating National Bed Month with special offers on our British beds and mattresses."

We spend a third of our lives in bed so it's important to make it as comfortable as possible. Chi Beds can advise on choosing the right bed for the correct support and comfort. These are Geoff's top tips for choosing a new bed:

• Narrow your choice down to two or three then spend some time lying on these in your normal sleeping position. Feel free to relax and take your time.

• If there are two of you sharing the bed make sure you both try out the options. Chi Beds has mattresses that take into account a couple's different weights and sleeping requirements.

• There's no single right bed, it depends on what suits you. Don't assume that firmer beds are better for you. A good approach is to get advice, try them out and choose what you find supportive and comfortable.

Drop in to Chi Beds @ Bosham for special offers throughout March and a comfort test to find out what type of bed and mattress suits you. The showroom is on two floors and is at Main Road, next to the Bosham roundabout, with free parking.

County Council supports National Apprenticeship Week

WEST Sussex County Council will be supporting National Apprenticeship Week in March.

A number of events will be taking place during the week, starting on Monday, March 11.

Senior members of staff at the County Council will be taking part in a Chichester Ie Partnership work shadowing event, which will see them spending time with apprentices at the council and at local businesses.

On Wednesday, March 13, several County Council apprentices will be marking their achievements at the Northbrook College Apprenticeship Celebration Evening.

Awards will be given to the college's top apprentices, with West Sussex County Council's own apprentices nominated for awards.

Two free apprenticeship events – run by the National Apprenticeship Service and designed to promote the value of apprenticeships – will also be held in West Sussex.

The first will be held at the Holbrook Club, North Heath Lane, Horsham on Wednesday, March 13 and the second event will take place in Field Place, The Boulevard, Worthing on Thursday, March 14.

Both events are free to attend and include a business breakfast for employers from 7.30am until 9am. Daytime activities for school groups will take place from 10am until 2.30pm.

From 3pm until 6.30pm the events are open to the public, who can visit information stands and 'Have a Go' activities, as well as participate in Career Workshops.

Booking is essential for businesses and schools, however the afternoon information sessions are open to everyone.

Lionel Barnard, Deputy Leader of West Sussex County Council who is responsible for Communities, Environment and Enterprise, said: "Young people face many obstacles in finding employment once they have left school or college, which is why we are committed to supporting apprenticeship programmes.

"Many careers have been kick-started by apprenticeships.

"We have some first rate apprentices learning professional skills, and many of them often remain in employment with us."

For information about West Sussex apprenticeships, please visit www.westsussex.gov.uk/apprenticeships.

To book a place at either apprenticeship events on March 13 or March 14, please contact Hayley.Ted@apprenticeships.gov.uk

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Guarantee your seat at the Amex for the last five home games of what could be Albion's most exciting conclusion to a season in many years.
Please note this offer is only available to supporters who have purchased tickets in the last three seasons. Tickets also available at the Amex ticket office or from the club shop in Queens Road, Brighton.

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cineworld

Broken City (15)

THREE out of Five stars

Running time: 109 mins
Director: Allen Hughes
Starring: Mark Wahlberg, Russell Crowe, Catherine Zeta-Jones, Jeffrey Wright, Barry Pepper, Alona Tal, Natalie Martinez, Michael Beach, Kyle Chandler, James Ransone, Griffin Dunne, Britney Theriat

Watchable thriller, enlivened by atmospheric direction and strong performances from Wahlberg, Crowe, Zeta-Jones and newcomer Alona Tal, though there's a frustrating lack of depth to the script, so it never quite manages to exert an emotional grip.

What's it all about?

Directed by Allen Hughes (one half of the Hughes Brothers), Broken City begins with New York cop Billy Taggart being cleared of the murder of a suspect, partly due to Mayor Hostetler (Russell Crowe) hushing up some crucial evidence. Seven years later, Taggart is now an ex-cop, trying to make ends meet as a private eye, accompanied by his loyal assistant Katy Bradshaw (Alona Tal)

When Mayor Hostetler calls out of the blue and asks him to shadow his wife Cathleen (Catherine Zeta-Jones), Taggart accepts, but he soon uncovers evidence of much darker activity surrounding the Mayor's re-election campaign and decides to keep digging, whatever the cost. At the same time, Taggart has his hands full on the home front with his actress girlfriend's (Natalie Martinez) decision to star in an artistic indie movie

The Good

Wahlberg specialises in blue collar tough guys (with sensitive streaks) and he's on fine form here as Taggart. Crowe is clearly having a whale of a time as Mayor Hostetler, chewing scenery like it's going out of style - but it's the over-the-top nature of the performance that makes it work (think shouty Al Pacino). Zeta-Jones is equally good as slinky Mrs Hostetler and Natalie Martinez makes the most of her role as Natalie, but the supporting honours are roundly stolen by Alona Tal, who delivers a perky, quirky performance as Katy that is hugely enjoyable to watch, it's also oddly refreshing to see a male-female relationship that doesn't have a sexual element for once

Aside from the performances, the film's biggest strength is its look, courtesy of Ben Seresin's suitably garish cinematography, much of the film takes place at night or at least feels like it does. In addition, Hughes clearly knows his broken city well and there's a strong sense of place throughout, mean streets and all

The Bad

The main problem is that the script lacks emotional depth and struggles to make you care about any of the characters as a result. Similarly, the pacing drags in the middle section and there's a strong sense of over-familiarity in the story itself, complete with a twist you'll see coming a mile away

Worth seeing?

Broken City is a watchable, pleasingly old-fashioned neo-noir thriller enlivened by strong performances and atmospheric direction, but the script holds precious few surprises and it fails to connect on an emotional level.

Sky Diary – March 2013

By Peter Littlejohns

The Sun climbs over the Celestial Equator on the 20th of March at 11.02 marking the Spring or Vernal Equinox, the clocks being put forward on the 31st changing from Greenwich Mean Time to British Summer Time. Because of the Earth's 23.5 degree inclination to its orbit the northern hemisphere will now be leaning increasingly towards the Sun giving us warmer longer days.

Jupiter is still a very bright object high up in Taurus the bull. It reaches the Meridian at about [illegible] set mid-month. [illegible] away from the Sun's brightness fading [illegible] as its apparent diameter increases. The Moon's phase will be [illegible] on the 2nd. There are [illegible] Meteor showers [illegible] there are always sporadic shooting stars at odd times. A short time spent outside on a clear night will usually be rewarded by a few artificial satellites gliding gracefully through the constellations, and no equipment required!

Planetarium Shows and Dates March 2013

Sunday 17	3.30pm	Comets – Icy Visitors from Space
Friday 22	7.30pm	The Stars This Month
Sunday 24	3.30pm	The Easter Full Moon
Friday 29	7.30pm	Comets – Icy Visitors from Space

Tickets: Adults £6.00, Children £4.00
Tickets are available to callers at the Tourist Information Centre, South Street, Chichester. Alternatively, please phone 01243 774400 or ticket hotline 07818 297292 to reserve your tickets. Payment by cash or cheque only, on the day.
A map showing our location can be found at: www.southdowns.org.uk

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FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q. RUSSELL CROWE WON AN OSCAR FOR HIS ROLE IN ?

A. GLADIATOR
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C. FIGHT CLUB

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 12th March 2013 at midday. The winner will be notified later on that day.

- Last weeks winner is Mrs B Harradine from Chichester

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL – 0871 200 2000

Author brings medieval Sussex alive

LIFE in East and West Sussex a thousand years ago is being showcased by one of the county's new historical fiction writers at Chichester Library.

Author Paula Lofting will be speaking about the Norman conquest in the region from 7.30pm on Tuesday March 12.

She will also read from her debut novel, Sons of the Wolf, on medieval politics and the downfall of Anglo-Saxon England.

Lionel Bernard, County Council Deputy Leader responsible for the Library Service, said: "This is a great chance to get a taste of what life was like in Sussex a millennium ago.

"History becomes even more interesting when it is written into a good story."

Paula will also be joined by members of the Regia Anglorum re-enactment society who will look at the 1066 Battle of Hastings.

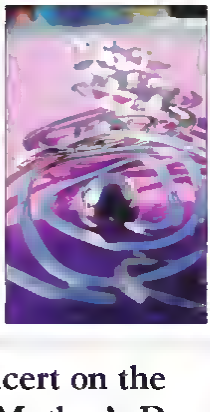
She said: "My philosophy is that I write for me first, but if anyone cares to accompany me upon my journey into the realm of fantasy and history, then I see it as a bonus."

Tickets for the talk cost £3 each and are available from Chichester Library.

To find out more contact the branch on 01243 777 351 or visit Tower Street, PO19 1QJ.

Alternatively visit the Library Service's website at www.westsussex.gov.uk/libraries

New look and dates for Emsworth Crafts



EMSWORTH Crafts has a new look with new dates for 2013. New dates will see Saturday mornings, 6th April, 6th July, 5th October, 2nd November, 7th December.

The Emsworth Crafts (originally founded in 1975) are a group of designer makers coming together as Emsworth Crafts 2013. They have evolved and updated over the years to become a vibrant showcase for local creativity and have a wide range of 2 and 3d arts from pottery, textiles, jewellery, willow work, woodwork, cards, Fair Trade and much, much more.

Their first event will be on Saturday 6th April.

Drop in for coffee and cake and peruse the delights they'll have to offer.

For further information, Jenquil Tonge e-mail. jenquiltonge@btinternet.com or call 02392 413671.

Emsworth Community Centre, North Street, Emsworth, PO10 7DP 10 am-1pm.

www.emsworthcrafts.co.uk

Singing for Charity

CHICHESTER Singer and teacher Bubsie Yates is organising a "Sing for Charity" Show Case Event where she has invited all her singing pupils aged from 7-60 years to take part.

The Show Case of local talent will take place at the New Park Centre in Chichester on Good Friday 29th March 2013 from 7-9pm.

Bubsie is well known in the Chichester area for performing with her band, Bubsie and the Beat Brothers, and for teaching pupils of all ages. She has recently started up a Community Choir that meets weekly (Mondays 7.30pm-9pm) at the Orchard Street Family Church in Chichester. There will be a mixture of music throughout the evening with lots of studies in and the choir performing. The evening will be rounded off with a few numbers from Bubsie and her band.

Refreshments will be available to purchase. All funds raised on the night will be split between three charities.

St Wilfrede Hospice, the Chichester food bank run by Orchard Street Family Church and Shooting Star CHASE (Children's Hospices). These charities have been chosen by Bubsie and her choir members as they are all causes that have a special meaning to them.

Bubsie said: "It'll be such a great performance experience for everyone I teach and work with & I really hope it is a success so we can do it on a termly basis and raise funds for local charities at the same time."

Tickets cost £5.00 for adults & £3.00 for children/students and can be purchased on the door from 6.45pm.

If you'd like to find out more about the charities that Bubsie and her singers are aiming to raise funds for you can visit the Shooting Star CHASE website shootingstarchase.org.uk, ST Wilfred's Hospice website www.stwb.co.uk or make any enquiries about Chichester Food Bank (seeded by Trussell Trust) at info@chichesterfoodbank.org.uk / Trussell Trust website www.trusselltrust.org

Or email Bubsie for more information bubsie@gmail.com (www.bubsieandbros.com)

Andrea Bocelli in concert on the New Park screen for Mother's Day

CHICHESTER cinema
at NEW PARK
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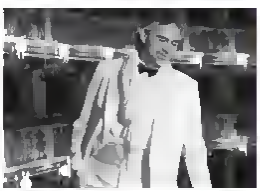
'your cinema on the park'



ANDREA Bocelli in Concert is a special Mother's Day treat recorded live at the Puccetti in Portofino, Italy. Treat that special lady in your life with the wonderful performance from one of the leading singers on the planet. Aida, also recorded in Italy at La Scala, Milan, and one of Verdi's most loved operas of passion and extravagance, has no less than 300 actors, singers and dancers on stage, screens on March 15.

Vanessa Redgrave, Terence Stamp and Gemma Arterton continue this week in Song for Marion, where a very grumpy pensioner is reluctantly inspired by his wife to join a local choir. This heart-warming movie joined on by Young At Heart, the documentary which inspired Song for Marion.

Danish filmand TV are in the spotlight and A Royal Affair, the Oscar, Golden Globe and Berlin nominated can be seen during the cinema's Awards Season. The royal affair in question is one between a young Danish queen who is married to an insane king but secretly in love with her physician. Together they start a revolution that changes the nation forever.

Further intrigue is encountered in Lore, the story of a young girl and her four younger siblings who are left to fend for themselves when their Nazi SS parents are taken into Allied custody at the end of WW11. Highly praised by critics since Flight, Denzel Washington starring in what some reviewers say is his finest work to date. A seasoned airline pilot, miraculously lands his passenger plane after a mid-air catastrophe - but more questions emerge during the investigation that reveals a troubling fault. The Hitchcock season continues with Downhill (starring Ivor Novello) the director's 1927 film in the darkest of his early films.

The Chichester Park Hotel

Wedding Fair

Sunday 17th March
11-3pm

Free Entry

Free Goodie Bag

Free Copy of Guides for Brides

Prize Draw by Celebration Cars

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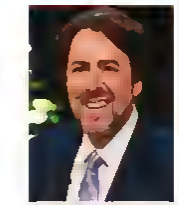

Jonathan Ross

The Jonathan Ross Show
ITV, 9.20pm
In 1978 Grease became one of the best-loved musicals of all time; it spawned three number ones for Olivia Newton-John and helped breathe new life into her career. Despite subsequent film vehicles Xanadu and Two of a Kind failing to recapture the same magic her 1981 album Physical became a soundtrack for the "Jane Fonda Workout" generation. Recently a new wave of fans have become devoted to her thanks to appearances on Glee and the ongoing appeal of Grease. This week Olivia drops into the studio to plug her UK tour.

BBC1

6.00 Breakfast. **10.00** Saturday Kitchen Live. **11.30** Nigel Slater's Simple Cooking. (R) **12.00** BBC News. Regional News. Weather. **12.15** Football Limm. **1.00** Bargain Hunt. (R) **2.00** Live Six Nations Rugby Union. **4.25** BBC News. Regional News. Weather. **4.35** Live Six Nations Rugby Union.

1.00 Let's Dance for Comic Relief Alex Jones and Steve Jones present as the finalists – including Tim Vine, The Soup Stars, Aimery Cotton and Katherine Ayan – take to the floor one last time. Last in the series.

5.25 The National Lottery: In It to Win It Dan Wootton presents the quiz in which the contestants go their wits to scoop a big cash prize. Includes the National Lottery draws, presented by Jenni Falconer.

9.15 Casualty Ash and Zoe struggle to make a teenage boy accept the severity of his father's condition, while Linda helps a pregnant woman cope with her no-good boyfriend.

10.05 BBC News. Weather

10.25 Match of the Day Highlights of the latest matches in the Premier League, including Reading v Aston Villa at the Madejski Stadium and Queens Park Rangers v Sunderland at Loftus Road. National Lottery Update.

11.25 The Football League Show Highlights and all the goals from today's fixtures in the Championship, League One and League Two – including Crystal Palace v Leeds United at Selhurst Park.

12.35 Film Crime of Night. (1994) Thriller starring Bruce Willis. **2.30** Weatherview. **2.35** BBC News.

BBC2

6.00 This Is BBC Two. **7.30** Great British Menu. (R) **8.00** Great British Menu. (R) **8.30** Great British Menu. (R) **9.00** Great British Menu. (R) **9.30** Great British Menu. (R) **10.00** A History of Britain. With Simon Schama. (R) **11.00** Meet the Ancestors. (R) **11.30** The Sky at Night. (R) **11.50** Coast. **12.00** Indian Food Made Easy. (R) **12.30** Mastermind. (R) **1.00** University Challenge. (R) **1.30** Talking Pictures. **2.20 Film:** The Man from Laramie. (1955) Western starring James Stewart. **4.00** Coast. (R) **4.30** Final Score. **5.30** Flog It!

6.45 Jon Painfreyn: A Curious Show Special Alastair Sooke and Brendor Grosvenor explore a weirdshit showcasing all probably cursed oil paintings held in collections across the United Kingdom.

7.30 Top Gear Africa Special – Part One Part one of two. Jeremy Clarkson, Richard Hammond and James May visit Africa in a mean to find the definitive source of the Nile using grit, ingenuity and ageing estate cars. (R)

8.30 Dad's Army An exercise with the regular army goes well – not like evening assembles the role of an enemy agent. Comedy starring Arthur Lowe and Clive Dunn. (R)

9.00 Film: Made in Dagenham (2010) Pimmere. Fact-based comedy drama starring Sally Hawkins and Miranda Richardson.

10.40 Ford's Dagenham Dream The changing fortunes of the car manufacturer. (R)

11.50 Film: Bat*21 (1988) Vietnam War drama, starring Gene Hackman.

1.00 This Is BBC Two.

ITV

6.00 CITV: Mickey Mouse Clubhouse. **6.25** The Hive. (R) **6.35** The Hive. (R) **6.45** Dino Dan. (R) **7.00** Dino Dan. (R) **7.30** Cambrals. (R) **7.35** Cambrals. (R) **7.55** Bookabee. **7.40** Matt Hatter Chronicles. (R) **8.05** Ultimate Spider-Man. **8.30** Victorious. **9.00** Jungle. **9.25** ITV News. **9.30** The Jeremy Kyle Show. (R) **10.25** My Tasty Travels with Lynda Bellingham. (R) **11.25** All Star Family Fortunes. (R) **12.10** ITV News. Weather. **12.15** Live FA Cup Football. **3.00** The Chase: Celebrity Special. (R) **4.00** Millionaire Minutes. (R)

6.00 Regional Programme, Weather

6.15 ITV News: Weather

6.30 You've Been Framed! Motorcycle mayhem, garden-based gaffes and swimming pool slip-ups. (R)

1.00 Ant & Dec's Saturday Night Takeaway Ant McPartlin and Declan Donnelly entertain their Jubilee Year.

8.30 The Cube A personal trainer and an occupational therapist try to complete a series of increasingly difficult tasks in the hope of winning a jackpot of £250,000. Phillip Schofield hosts.

9.20 The Jonathan Ross Show With Keith Lemon, Olivia Newton-John and Nicole Scherzinger.

10.20 ITV News Weather

10.30 FA Cup Football Highlights Action from the first two matches of the fourth round proper, which were Millwall v Blackburn Rovers at the Den and Manchester United v Chelsea at Old Trafford.

11.15 Anglo-Welsh Cup Rugby Union Highlights of Harlequins v Saracens.

12.10 The Store. 2.15 Mosh. (R) **3.00** ITV Nightscreen. **5.00** The Jeremy Kyle Show. (R)

CHANNEL 4

6.15 Sali Mali. (R) **6.20** The Treasure People. (R) **6.35** The Grid. **7.00** Jamie Bays. Channel 4 Racing. **2.55** The Morning Line. **8.55** Everybody Loves Raymond. (R) **9.25** Everybody Loves Raymond. (R) **9.55** Frasier. (R) **10.20** The Big Bang Theory. (R) **11.20** The Big Bang Theory. (R) **11.45** The Simpsons. (R) **12.20** The Simpsons. (R) **12.45** Undercover Boss USA. (R) **1.45** Channel 4 Racing. **4.10** Come Dine with Me. (R) **4.40** Come Dine with Me. (R) **5.10** Come Dine with Me. (R) **5.45** Come Dine with Me. (R)

6.15 Come Dine with Me Sarah-Beth Rogers hosts the final evening in Milton Keynes Buckinghamshire. (R)

8.45 Channel 4 News

8.55 4thought In A member of the public talks about atheist "minorities."

7.00 The Queen's Riding Coaches Two nieces of the Queen Medina who were born with learning difficulties. (R)

8.00 Kevin McCloud's Man Made Home An experiment where dog excrement is used to create methane. (R)

9.00 Film: Skyline (2010) Pimmere. A couple try to escape when an alien spacecraft descend from the sky, mesmerising and capturing the humans below. Sci-fi thriller with Eric Balfour and Scottie Thompson.

10.50 Film: The Rule (2001) Thriller with Thora Birch and Rene Kingsley.

12.60 Ricky Gervais: Science. (R) **1.45** Hollyoaks. **3.00** What's Up? (R) **3.55** Deal or No Deal. (R) **4.50** Countdown. (R) **5.35** Kirstie's Vintage Gems. (R) **5.45** Baking Mad with Eric Lanlard. (R)

CHANNEL 5

6.00 Milkshake! **10.10** Power Rangers Samurai. (R) **10.45** Batman: The Brave and the Bold. **11.05** Inside Hollyoaks. **11.10** Nelson's Extreme Fishing Challenge. (R) **12.10** Police, Interceptors. (R) **1.10** Film: Carnal Innocence. (2011) **3.05 Film:** Columbo: A Time of Murder. (1997) **4.50 Film:** Yanks. (1979)

7.15 5 News Weekend.

7.20 CSI: NY. A model is found apparently crucified in a giant Marilyn glass high above Times Square, and a robbery-homicide at a restaurant turns into a full-blown hostage crisis. (R)

8.10 RCIS The team heads into the desert to locate an artist who might be able to help solve the murder of a fellow agent, and DiNozzo learns he is in line for an inheritance. (R)

9.10 NCIS Vance insists on taking charge of an investigation into the fatal shooting of a boxer – but finds his past coming under scrutiny as the case unfolds. (R)

10.00 Law & Order: Special Victims Unit A couple are found murdered in a trunk, prompting the detectives to investigate a Mexican drug cartel linked to one of the victims – and the case grows more complex than expected.

11.00 Law & Order: Criminal Intent A murder is linked to a psychological study.

11.55 Inside Hollywood Magazine show. (R)

12.00 SmackDown. **4.00** HouseHunters. (R) **4.25** Divine Designs. (R) **4.50** County Secrets. (R) **5.05** Hannah Hollyone. (R) **5.15** The Milkshakin' Show. (R) **5.40** Thomas & Friends. (R) **5.55** Rosie the Racing Car. (R)

DIGITAL

BBC Three
1.00 Mmm **7.40** Doctor Who. **8.35** Ilm. Tim Semmm'n Appreciation. (2010) **10.15** Bluestone 42. **10.45** World's Craziest Fools. **11.15** Family Guy.

BBC Four
1.00 Britain's National Wealth – A Highland Haven. **2.00** Carved with Love: Tim Smmm of Bristol Woodwork. **3.00** Symphony 4: Stairs of Terror. **10.00** Blend e: One Way or Another.

ITV2
3.35 You've Been Framed! **6.10** Ilm. Beethoven (1991) **7.55 Film:** Ocean's Thirteen (2007) **10.20** Celebrity Juice. **11.10** Film: Love Actually (2003)

ITV3
3.55 Film: Thn Magnificent Two (1967) **5.50** Agatha Christie's Poirot. **8.00** Lewis: A man in forget-head Im Im Sollesian Lottery basement. **4.00** Foyle's War. **11.05 Film:** Dead Calm (1989)

ITV4
3.00 Tarlan Tmnmphn **4.00** Amazing Argnnitna **5.00** I Mm: Destry (1954) **1.00** TT Legnnair **7.30** Gt Academy. **9.00** River Monsters: Killer Sharks and Fays. **3.00 Film:** Knit the Conqueror (1997) **11.00 Film:** Enter the Dragon (1973)

E4
3.30 Antes of Engagement **6.50** Thn Big Bang Theory **1.00** Happy Endings. **8.00** How I Mnt Your Mother. **8.30** 2 Broke Girls. **9.00 Film:** Date Movie (2006) **10.40** Ricky Gervais: Science. **11.45** The Big Bang Theory.

Film4
2.35 Swiss Family Robinson (1960) **6.10** Thn Last Mimzy (2007) **7.00** Tmnes: A Hnech (1985) **9.00** H man (2002) **10.50** El Resh on Horror. **10.55** Thn Last Exorcism (2010)

SUNDAY'S TV 10.03.13

CHOICE

Douglas Henshall

Shetland
BBC1, 9pm
Douglas Henshall has popped up in a number of dramas lately, including Doors Open and The Secret of Crickley Hall. He is clearly been a very busy man because he's back again in this two-parter, playing Detective Jimmy Perez, who returns to Shetland after years away. But his homecoming isn't going to be as quiet and undemanding as he'd hoped for. Archaeologist Hattie James discovers some suspicious human remains, and the owner of the croft on which they were found is subsequently murdered.

BBC1

6.00 Breakfast. **7.55** Match of the Day. (R) **9.00** Thn Andrew Marr Show. **10.00** The Big Omnsions. **11.00** Sunday Politics, Weather for Thn Week Ancad. **12.25** Countryfile. (R) **1.20** Call the Mdwife. (R) **2.20** Live Six Nations Rugby Union. **5.00** I Escape to Country. (R) **5.30** Songs of Praise.

6.00 Deadly 60 on a Mission Xamedo dragons, Bengal tigers and Egyptian vnhnnes in Asia.

6.35 BBC News: Regional News. Weathnr

7.00 Countryfile: A Royal Appointment. The team visits Prince Charles's Gloucestershire estate for a special edition in which his royal highness talks about his passion for the countryside and love of organic farming, including Weather for the Week Ahead.

8.00 Call the Mdwife Chummy and Pehr prepare for the arrival of their baby and Jenny's love life is looking up – but then the future of the convent comes under threat. Last in thn series.

9.00 Shetland A woman's shooting in the Shetlands leads the police to investigate a long-standing feud between two families. Two-part murder mystery starring Douglas Henshall.

10.00 BBC News Regional News, Weather

10.25 Match of the Day 2 Highlights of the day's Premier League contests.

11.25 Regional Programme

11.55 The Apprentice USA. The teams help to promote a new perfume.

12.40 The Apprentice USA. **1.20** Weatherview. **1.30** BBC News.

BBC2

6.00 This Is BBC Two. **6.50 Film:** The Las Vegas Story. (1952) **8.15** Life in a Cottage Garden with Carol Klein. (R) **8.45** Gardeners' World. (R) **9.15** The Ate 2 of TV Cartoons. **10.10** Saturday Kitchen Best Bites. **11.30** The Little Paris Kitchen. Cooking with Rachel Khoo. (R) **12.00** EastEnders. (R) **2.15** Coast. **3.00** Sea City. (R) **3.30** Sea City. (R) **4.00** Sea City. (R) **4.30** Restoration Home. (R) **5.30** Flog It!

6.30 Food & Drink A discussion on Italian food with guest Angela Hartnett. (R)

7.00 Dragons' Den. An ex-boxer's pitch-ng style proves to be a big hit a chip-shop owner shows in the panel – a nanfish and three friends from north London demonstrate their mining skills. (R)

8.00 Top Gear Asia Special – Part Two Part two of two. Jeremy Clarkson, Richard Hammond and James May abandon their quest to find the source of the River Nile in Africa as rising tides of estrin cars call on the scenes.

9.00 Toughest Place to Be a Taxi Driver New series. A London cabbie tests his skills on the roads of Mumbai.

10.00 Inside the Week: Lanka Baba at Animals A selection from the show's archives on the theme of animals.

10.30 Dancing on the Edge Interviewing Lanln Companion piece to Stephen Poliakoff's drama, starring Chiwetel Ejiofor.

11.35 Six Nations Rugby Union Highlights of the fourth round of matches.

12.20 Film: Made a Fix. (2006) **1.55** Sign Zone. Hefty City. (R) **2.00** Being Eileen. (R) **3.25** This Is BBC Two.

ITV

6.00 CITV: Mickey Mouse Clubhouse. **6.25** The Hive. (R) **6.35** The Hive. (R) **6.45** Dino Dan. (R) **7.00** Dino Dan. (R) **7.10** Cambrals. (R) **7.20** Cambrals. (R) **7.25** Bookabee. **7.40** Matt Hatter Chronicles. (R) **8.05** Rated A for Awesome. **8.15** Rated A for Awesome. **8.30** Almost Naked Animals. (R) **8.45** Almost Naked Animals. **9.00** The Aquabats Super Show. **9.25** ITV News. **9.30** The Jeremy Kyle Show USA. **10.20** Murder, She Wrote. (R) **11.20** Inclement Real Deal. (R) **12.25** ITV News. Weather. **12.30 Film:** Carry On Girls. (1972) **2.10** One Man to Go. (R) **3.15** All Star Family Fortunes. (R) **4.00** Live FA Cup Football.

6.45 Regional Programme; Weather

6.50 ITV News: Weather

7.00 Dancing on Ice The three remaining stars battle it out in the first of the two most popular go on ice skate a self choreographed version of Tarvill and Dean's stolen routine. Last in the series.

9.00 Mr Selfridge King Edward VII invites Harry to be his guest on the final night of Ellen Love's play at the theatre, and Roslyn agrees to attend – but Harry regrets his decision. Last in the series.

10.00 ITV News at Ten Weather

10.15 FA Cup Football Highlights Action from the rescheduling two sixth round ties, which were Millwall v Blackburn Rovers at the Den and Manchester United v Chelsea at Old Trafford.

11.15 Anglo-Welsh Cup Rugby Union Highlights of Harlequins v Saracens and Sale Sharks v Saracens.

12.10 The Store. 2.15 Mosh. (R) **3.00** ITV Nightscreen. **5.00** The Jeremy Kyle Show. (R)

CHANNEL 4

6.15 The Hawks. (R) **6.40** The Hucks. (R) **7.05** Freestorm's on 4. **7.35** Everybody Loves Raymond. (R) **8.00** Everybody Loves Raymond. (R) **8.25** Frasier. (R) **9.00** Frasier. (R) **9.30** Snoop Dinnch. **12.30** The Big Bang Theory. (R) **12.50** The Big Bang Theory. (R) **12.55** The Simpsons. (R) **1.25** The Simpsons. (R) **1.55** Undercover Boss USA. **2.55** The Dealer or No Deal. **3.56** Time Team. **4.55** Channel 4 News. **5.05** Ultimately. **5.30** Cuckoo. (R) **6.00** Best in Show: Dare Balding presents highlights of the final day.

8.00 Secrets of the Stonehenge Skeletons Documentary following archaeologist Mike Parker Pearson and a research team as they analyse bodies found beneath the prehistoric monument in Wiltshire.

9.00 Film: Limitless (2011) Premiere. A failed writer acquires a drug that increases his brain power but has new and potentially dangerous attend-nt. Sci-fi thriller with Bradley Cooper and Robert De Nro.

11.35 Film: Spliss. (2009) Premiere. Two scientists create a new creature by mixing DNA from humans and animals but the experiment soon gets out of control. Sci-fi horror with Adrien Brody and Sarah Polley.

12.55 Gogglebox. Weekly TV review programme. (R) **1.40 Film:** The Pawnbroker. (1965) Drama, starring Rod Steiger. **3.40** Scotland' Tang is involved in a shooting. **4.20** Deal or No Deal. Real-life banker game show. (R) **5.15** Kirstie's Handmade Treasures. (R) **5.25** Chameleon: With Chris Packham. (R)

CHANNEL 5

6.00 Milkshake! Peppa Pig. **6.55** Roary the Racing Car. (R) **7.15** Fifi and the Flowertots. (R) **6.25** Bob and Emile's Great Adventures. (R) **6.30** The Mr Men Show. (R) **6.45** Olive the Ostrich. (R) **6.50** Alvinnn's Flying Fairy School. (R) **7.00** Fireman Sam and Cuda. (R) **7.10** Bananas in Pyjamas. (R) **7.20** Animal Antics. (R) **7.25** Make Way for Dinky. (R) **7.40** Milkshake! Monkey. (R) **7.45** City of Friends. (R) **7.55** Little Princess. (R) **8.10** The Adventures of Dudley the Dog and his Best Friend Corky. (R) **8.30** Mio Mio. (R) **8.25** Angelina Ballerina. (R) **8.40** Castle Farm. (R) **8.55** Ripped Peas. (R) **9.00** Sam and Holly Little Kingdom. (R) **9.15** Toby's Travelling Circus. **9.30** Roary the Racing Car. (R) **9.40** Jelly Jamm. (R) **10.00** Flower and Garden Samnia. (R) **10.35** Batman: The Brave and the Bold. **11.00** Sarah Hollywood. **2013 1.35** I dm Are We Done Yet? (2007) **3.20 Film:** Space Jam. (1996) **5.00 Film:** Scooby Doo 2 Monsters Unleashed. (2004) Comedy adventure sequel with Sarah Michelle Gellar.

6.40 6 News Weekend

6.45 Film: Rocky II. (1979) Drama sequel with Sylvester Stallone, Talia Shire and Carl Weathers.

9.00 Person of Interest The Machine directs Finch to an abandoned six-year-old girl.

10.00 Film: Olive Angry (2011) Premiere. Fantasy thriller starring Nicolas Cage.

12.00 CCTV Cops. (R) **1.00** SuperCasino. **4.00** HouseHunters. (R) **4.25** Dream Designs. (R) **4.50** County Secrets. (R) **5.00** Hana's Helpline. (R) **5.15** The Milkshake! Show. (R) **5.35** Thomas & Friends. (R) **5.50** Roary the Racing Car. (R)

DIGITAL

BBC Three
7.00 Let's Dance for Comic Relief. **8.30 Film:** Lara Croft: Tomb Raider. (2001) **10.40** Being Human. **11.00** Bluestone 42. **11.30** Family Guy.

BBC Four
7.00 Arenn: Kee Dodd – Happiness. **8.00** Parks and Recreation. **8.40** Milnascule: The Private Life of Insects. **9.30 Film:** The Aviator. (2004) **11.35** Timothy Spall's 70s Rock.

ITV2
3.25 Film: Thn Mighty Ducks. (1992) **5.30 Film:** Beethoven's 2nd. (1993) **7.15 Film:** Hnik. (2003) **10.05** The Only Way Is Essex. **10.50** Big Rich Texas. **11.50** Celebrity Juice.

ITV3
3.50 Lewis. **5.55** Dancing on the Line. Love Soup. **2012 6.55** Agatha Christie's Poirot. **8.00 Film:** Air America. (1990) **11.15** Wycliffe.

ITV4
3.00 Film: Destry. (1954) **5.00 Film:** Thn Ilonns. (1985) **7.00** The Sweeney. **8.00** Angels. Welsh Cup Rugby Union. **9.00 Film:** Any Which Way You Can. (1980) **11.15 Film:** Serenity. (2005)

E4
4.00 Revenge. **5.00** The Big Bang Theory. **6.00** New Girl. **7.00** How I Met Your Mother. **8.00 Film:** Volcano. (1997) **10.00** Rude Tube. **11.00** The Big Bang Theory. It All Started with a Big Bang. **11.35** The Big Bang Theory.

Film4
3.15 Honey, I Blew Up the Kid. (1992) **5.00** Thn Wizard of Oz. (1939) **7.15** Down with Love. (2003) Romantic comedy set in the 1960s starring Ewan McGregor and Renee Zellweger. **9.00** Dream Girls. (2006) Horror starring Ben Barnes, Cham Firth and Ben Chaplin. **11.10** Lonely Nimmher Slevin. (2006)

Monday

BBC1 6.00 Breakfast. 9.15 Hex Hunters. 10.00 Homes Under the Hammer. (R) BBC News Weather 11.00 Caught Red Handed. 11.30 Real Rescues BBC News Weather 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News, Weather. 1.00 Doctors. 2.10 Only Fools and Horses. (R) 3.00 Beat the Pack. 3.45 Escape to the Country (R) 4.30 Flog It! 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 6.55 Party Political Broadcast. (R) 7.00 The One Show. 7.30 Eating Gross the Theory. BBC News Regional News. 8.00 EastEnders. 8.30 America's Gun Addiction – Panorama. 9.00 Shetland. 10.00 BBC News. 10.25 Regional News Weather. 10.35 Being Eileen. 11.05 Have I Got Old News for You. 11.35 Live at the Apollo. (R) 12.20 The Apprentice USA. 1.05 Weatherview. 1.10 BBC News.

BBC2 6.00 This Is BBC Two. 6.10 Homes Under the Hammer (R) 7.10 Saints and Scroungers (R) 7.55 Fitness Empty Homes Revisited. (R) 8.25 Sign Zone The A to Z of TV Gardening. (R) 9.10 Great British Menu (R) 9.00 Countryfile. 10.35 Click. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 The One Show (R) 1.30 Six Nations Rugby Union (R) 2.15 Coast. 2.20 Classic Masterminds (R) 2.50 Britain's Heritage Heroes. (R) 3.20 Great British Food Revival (R) 4.20 The Trials of Life. (R) 5.10 Vintage Antiques Roadshow (R) 5.55 Party Political Broadcast. 6.00 Eggheads. 6.30 Country Show Cook Off. 7.00 Great Continental Railway Journeys. 7.30 Great British Menu. 8.00 Alex Polizzi. The Fixer. 9.00 The Railway. Keeping Britain on Track. 10.00 Heading Out. 10.30 Newsnight. Weather. 11.20 A History of Syria with Dan Snow. 12.00 Newsnight. 12.20 Sign Zone Never Mind the Buzzcocks. (R) 1.10 Newsnight Weather. 1.20 Toughest Place to Be a Taxi Driver (R) 12.20 Sign Zone Meet the Izzards (R) 1.20 This Is BBC Two. 3.55 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London Weather. 2.00 Dickinson's Real Deal. (R) 3.00 The Alan Titchmarsh Show. 3.55 ITV London Weather. 4.00 Ade in Britain. 5.00 The Chase. 6.00 ITV News London. Weather. 6.25 Party Political Broadcast. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Live UEFA Champions League Barcelona v AC Milan (Kick-off 7.45pm) 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 UEFA Champions League Extra. 11.05 Flies Morgan's Life Stinks. Jayne Torvill & Christopher Dean. (R) 12.35 Jackpot247. 3.00 Loose Women. (R) 3.45 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hooks (R) 8.35 The Hooks (R) 7.00 According to Jim (R) 7.25 Everybody Loves Raymond (R) 7.55 The Morning Live. 8.55 Fraser (R) 9.25 Fraser (R) 10.00 Grand Designs Australia. 11.00 Come Dine with Me (R) 11.30 What's Cooking? 12.30 Channel 4 News Midday Summary. 12.35 Cheltenham Festival. Live coverage of the opening day of the prestigious event. 4.20 Deal or No Deal. 5.10 Come Dine with Me. 6.00 The Simpsons (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Supersize vs Superskinny. 9.00 15 Kids and Counting. 10.00 Shameless. 11.05 Random Acts. 11.10 Derek. (R) 11.45 Jimmy Stay Channel Racing (R) 12.45 Cheltenham Festival Highlights. 1.20 European Poker Tour. 2.30 KOTV Boxing Weekly. 2.55 Sailing: America's Cup Discovered. (R) 3.20 The Grid. (R) 3.50 Freesports on 4. (R) 4.20 A Place in the Sun Winter Sun. (R) 5.15 Kirstie's Vintage Gems. (R) 5.25 Deal or No Deal. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.10 5 News. 12.15 Danger Diggers at Work. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.15 Film: Mystery Woman in the Shallows. (2007) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6. 30 7.00 Pirates of the Caribbean. The True Story. (R) 8 News Update. 8.00 Police Interceptors. (R) 9 News at 9. 9.00 Robinson's Extreme Fishing Challenge. 10.00 Bomb Patrol. 11.00 Film: Passenger 57. (1992) 12.40 True Crimes. The First 72 Hours. 1.10 SuperCasino. 4.00 Drama Designs. (R) 4.25 Great Artists. (R) 4.50 Michaela's Wild Challenge. (R) 5.10 HouseBusters. (R) 5.35 Wildlife SOS. (R)

Tuesday

BBC1 6.00 Breakfast. 9.15 Hex Hunters. 10.00 Homes Under the Hammer. (R) BBC News Weather 11.00 Caught Red Handed. 11.30 Real Rescues BBC News Weather 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News, Weather. 1.00 Doctors. 2.10 Only Fools and Horses. (R) 3.00 Beat the Pack. 3.45 Escape to the Country (R) 4.30 Flog It! 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 EastEnders. BBC News Regional News. 8.00 Holby City. 9.00 MasterChef. 10.00 BBC News. 10.25 Regional News, Weather. National Lottery Update. 10.35 The Matt Lucas Awards. 11.05 Cuckoo. 11.35 We Do You Think You Are? US. 12.20 Film: Racing for Time. (2009) 1.45 Weatherview. 1.50 BBC News.

BBC2 6.00 This Is BBC Two. 6.05 Homes Under the Hammer (R) 7.05 Real Rescues (R) 7.50 Caught Red Handed (R) 8.30 Sign Zone. The A to Z of TV Gardening. (R) 9.00 Great British Menu (R) 9.35 DIY SOS. The Big Build (R) 10.30 HARDtalk (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 The One Show (R) 1.30 The Supersingle Show. 2.15 Coast (R) 2.25 Classic Masterminds (R) 2.55 Britain's Heritage Heroes (R) 3.25 Great British Food Revival. (R) 4.25 The Trials of Life. (R) 5.15 Vintage Antiques Roadshow (R) 6.00 Eggheads. 6.30 Country Show Cook Off. 7.00 Great Continental Railway Journeys. 7.30 Great British Menu. 8.00 Alex Polizzi. The Fixer. 9.00 The Railway. Keeping Britain on Track. 10.00 Heading Out. 10.30 Newsnight. Weather. 11.20 A History of Syria with Dan Snow. 12.00 Newsnight. 12.20 Sign Zone Dreters. (R) 1.20 This Is BBC Two. 4.05 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Dickinson's Real Deal. (R) 3.00 The Alan Titchmarsh Show. 3.55 ITV London Weather. 4.00 Ade in Britain. 5.00 The Chase. 6.00 ITV News London. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Live UEFA Champions League Barcelona v AC Milan (Kick-off 7.45pm) 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 UEFA Champions League Extra. 11.05 Flies Morgan's Life Stinks. Jayne Torvill & Christopher Dean. (R) 12.35 Jackpot247. 3.00 Loose Women. (R) 3.45 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hooks (R) 8.35 The Hooks (R) 7.00 According to Jim (R) 7.25 Everybody Loves Raymond (R) 7.55 The Morning Live. 8.55 Fraser (R) 9.25 Fraser (R) 10.00 Grand Designs Australia. 11.00 Come Dine with Me (R) 11.30 What's Cooking? 12.30 Channel 4 News Midday Summary. 12.35 Cheltenham Festival. Live coverage of the opening day of the prestigious event. 4.20 Deal or No Deal. 5.10 Come Dine with Me. 6.00 The Simpsons (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Supersize vs Superskinny. 9.00 15 Kids and Counting. 10.00 Shameless. 11.05 Random Acts. 11.10 Derek. (R) 11.45 Jimmy Stay Channel Racing (R) 12.45 Cheltenham Festival Highlights. 1.20 European Poker Tour. 2.30 KOTV Boxing Weekly. 2.55 Sailing: America's Cup Discovered. (R) 3.20 The Grid. (R) 3.50 Freesports on 4. (R) 4.20 A Place in the Sun Winter Sun. (R) 5.15 Kirstie's Vintage Gems. (R) 5.25 Deal or No Deal. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 London: The Inside Story. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.15 Looney Tunes. (R) 3.20 Film: McBride: Requiem. (2006) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6. 30 7.00 Cowboy Builders. (R) 5 News Update. 8.00 Whale Adventure with Nigel Marven. 9 News at 9. 9.00 CSI: Crime Scene Investigation. 10.00 CSI: NY. (R) 10.55 Dallas. 1.55 CSI: Miami. (R) 12.50 True Crimes. The First 72 Hours. 1.15 SuperCasino. 3.55 Drama Designs. (R) 4.20 Great Artists. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 HouseBusters. (R) 5.35 Wildlife SOS. (R)

Wednesday

BBC1 6.00 Breakfast. 9.15 Hex Hunters. 10.00 Homes Under the Hammer. (R) BBC News Weather 11.00 Caught Red Handed. 11.30 Real Rescues BBC News Weather 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News, Weather. 1.00 Doctors. 2.10 Only Fools and Horses. (R) 3.00 Beat the Pack. 3.45 Escape to the Country (R) 4.30 Flog It! 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes, Weather. 6.58 Party Political Broadcast. (R) 7.00 The One Show. BBC News, Regional News. 8.00 EastEnders. 8.30 MasterChef. 10.00 BBC News. 10.25 Regional News, Weather. National Lottery Update. 10.35 A Question of Sport. 11.05 Drama Special. 11.10 The Matt Lucas Awards. (R) 11.40 Film: Ruthless People. (1986) 1.10 Weatherview. 1.15 BBC News.

BBC2 6.00 Homes Under the Hammer. (R) 7.00 Real Rescues (R) 7.45 Caught Red Handed. (R) 8.15 Sign Zone The A to Z of TV Gardening. (R) 8.00 Great British Menu (R) 8.30 Food & Drink. (R) 10.00 Robbed. Raided. Reunited. (R) 10.30 See Hear. 11.00 BBC News. 11.30 Daily Politics. 1.00 The One Show. (R) 1.30 Weakest Link. (R) 2.15 Coast. 2.20 Classic Masterminds. (R) 2.50 Britain's Heritage Heroes. (R) 3.20 Great British Food Revival. (R) 4.20 The Trials of Life. (R) 5.10 Vintage Antiques Roadshow. (R) 5.55 Party Political Broadcast. 6.00 Eggheads. 6.30 Country Show Cook Off. 7.00 Great Continental Railway Journeys. 7.30 Great British Menu. 8.00 Great British Menu. 8.30 A Very British Wedding. 9.30 DI. (R) 10.00 The Culture Show. 10.30 Newsnight. Weather. 11.20 The Railway. Keeping Britain on Track. 12.00 Sign Zone See Hear. (R) 12.50 This Is BBC Two. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 9.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Dickinson's Real Deal. (R) 3.00 The Alan Titchmarsh Show. 3.55 ITV London Weather. 4.00 Ade in Britain. 5.00 The Chase. 6.00 ITV News London. Weather. 6.25 Party Political Broadcast. (R) 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Food Glorious Food. 9.00 Lightfields. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 Fighter Mumbo. Sports Life Stinks. 11.35 Stefan Vet School. (R) 12.00 Jackpot247. 3.00 Film: Coloured Lovely but Lethal. (1973) 4.15 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hooks (R) 7.00 According to Jim (R) 7.25 Everybody Loves Raymond. (R) 7.55 The Morning Live. 8.55 Fraser (R) 10.00 Grand Designs Australia. 11.00 Come Dine with Me (R) 11.30 What's Cooking? 12.30 Channel 4 News Midday Summary. 12.35 Cheltenham Festival. Live coverage of the second day of the prestigious event. 4.20 Deal or No Deal. 5.10 Come Dine with Me. 6.00 The Simpsons (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Obsessive Compulsive Cleaners. 9.00 One Born Every Minute. 10.00 The Mimic. 10.35 Anne & Katy. 11.05 8 Out of 10 Cats Uncut. 11.50 Random Acts. 11.55 The Last Leg. (R) 12.30 Cheltenham Festival Highlights. 1.20 The New Normal. 1.40 Revenge. 2.30 Film: In Good Company. (2004) 4.15 A Place in the Sun Winter Sun. (R) 5.10 Countdown. (R) 5.55 Kirstie's Vintage Gems. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 London: The Inside Story. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.15 Disney Sheriff Donald's Tin Trouble. (R) 3.20 Film: Patricia Cornwell's The Front. (2010) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6. 30 7.00 Robson's Extreme Fishing Challenge. (R) 5 News Update. 8.00 Harold Shipman: Born in Killt? (R) 5 News at 9. 9.00 NCIS. 10.00 Law & Order: Special Victims Unit. (R) 10.55 CSI: Crime Scene Investigation. (R) 11.50 True Crimes. The First 72 Hours. 12.15 Ause & Millers. 1.15 SuperCasino. 3.55 Drama Designs. (R) 4.20 Great Artists. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 HouseBusters. (R) 5.35 Wildlife SOS. (R)

Thursday

BBC1 6.00 Breakfast. 9.15 Hex Hunters. 10.00 Homes Under the Hammer. (R) BBC News, Weather 11.00 Caught Red Handed. 11.30 Real Rescues BBC News Weather 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.40 Doctors. 2.10 Only Fools and Horses. (R) 3.00 Beat the Pack. 3.45 Escape to the Country (R) 4.15 Comic Relief Does Glee Club 2013. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 8.00 Comic Relief. Through Hell and High Water. 9.00 Prisoners' Wives. 10.00 BBC News. 10.25 Regional News, Weather. 10.35 Question Time. 11.35 This Week. 12.20 Skiing Weatherview. 12.25 BBC News.

BBC2 6.00 This Is BBC Two. 6.05 Homes Under the Hammer. (R) 7.05 Real Rescues (R) 7.50 Caught Red Handed. (R) 8.20 Sign Zone The A to Z of TV Gardening. (R) 8.05 Great British Menu. (R) 9.35 Great British Railway Journeys. (R) 10.35 HARDtalk. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 The One Show. (R) 2.00 Coast. (R) 2.25 Classic Masterminds. (R) 2.55 Britain's Heritage Heroes. (R) 3.25 Great British Food Revival. (R) 4.25 The Trials of Life. (R) 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. (R) 6.30 Country Show Cook Off. 7.00 Great Continental Railway Journeys. 7.30 Great British Menu. 8.00 The Flunners. 9.00 Horizon: The Creative Brain. How Insight Works. 10.00 How TV Ruined Your Life. (R) 10.30 Newsnight. Weather. 11.20 Have I Got Them Wr i Be Blind. (2007) 1.50 Culture Show. (R) 2.20 Sign Zone America's Gun Addiction – Panorama. (R) 2.50 This is BBC Two. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 9.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Dickinson's Real Deal. (R) 3.00 The Alan Titchmarsh Show. 3.55 ITV London Weather. 4.00 Ade in Britain. 5.00 The Chase. 6.00 ITV News London. Weather. 6.15 ITV News. Weather. 6.45 Emmerdale. 7.45 Live UEFA Europa League Football Newcastle United v FC Anghi Makhachkala or Chelsea v Rasua Bucharest Kick-off 5.05pm) 10.00 ITV News. Weather. 10.20 ITV News London Weather. 10.45 The Jonathan Ross Show. (R) 11.50 Grimefighters. (R) 12.15 Jackpot247. 3.00 Killer Monsters. (R) 3.50 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hooks (R) 8.35 The Hooks. (R) 7.00 According to Jim. (R) 7.25 Everybody Loves Raymond. (R) 7.55 The Morning Live. 8.55 Fraser (R) 9.25 Fraser. (R) 10.00 Grand Designs Australia. 11.00 Come Dine with Me. (R) 11.30 What's Cooking? 12.30 Channel 4 News Midday Summary. 12.35 Cheltenham Festival. Live coverage of the third day of the prestigious event. 4.20 Deal or No Deal. 5.10 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Obsessive Compulsive Cleaners. 9.00 One Born Every Minute. 10.00 The Mimic. 10.35 Anne & Katy. 11.05 8 Out of 10 Cats Uncut. 11.50 Random Acts. 11.55 The Last Leg. (R) 12.30 Cheltenham Festival Highlights. 1.20 The New Normal. 1.40 Revenge. 2.30 Film: In Good Company. (2004) 4.15 A Place in the Sun Winter Sun. (R) 5.10 Countdown. (R) 5.55 Kirstie's Vintage Gems. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 London: The Inside Story. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.15 Looney Tunes. (R) 3.20 Film: Patricia Cornwell's The Front. (2010) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6. 30 7.00 Pirates of the Caribbean. The True Story. (R) 8 News Update. 8.00 Whale Adventure with Nigel Marven. 9 News at 9. 9.00 CSI: Crime Scene Investigation. 10.00 CSI: NY. (R) 10.55 Dallas. 1.55 CSI: Miami. (R) 12.50 True Crimes. The First 72 Hours. 1.15 SuperCasino. 3.55 Drama Designs. (R) 4.20 Great Artists. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 HouseBusters. (R) 5.35 Wildlife SOS. (R)

Friday

BBC1 6.00 Breakfast. 9.15 Hex Hunters. 10.00 Homes Under the Hammer. (R) BBC News Weather 11.00 Caught Red Handed. 11.30 Real Rescues BBC News, Weather 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Escape to the Country (R) 3.00 Beat the Pack. 3.45 Flog It! 4.15 Comic Relief Does Glee Club 2013. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes. Weather. 7.00 Celebrity Eggheads. 8.00 Comic Relief. Through Hell and High Water. 9.00 Prisoners' Wives. 10.00 BBC News. 10.25 Regional News, Weather. 10.35 Question Time. 11.35 This Week. 12.20 Skiing Weatherview. 12.25 BBC News.

BBC2 6.00 Homes Under the Hammer (R) 7.00 Real Rescues (R) 7.45 Caught Red Handed (R) 8.15 Sign Zone. The A to Z of TV Gardening. (R) 8.00 Antiques Roadshow. (R) 10.00 Question Time. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 The One Show. (R) 1.30 Weakest Link. (R) 2.15 Coast. (R) 2.25 Classic Masterminds. (R) 2.55 Britain's Heritage Heroes. (R) 3.25 Raymond Blanc's Kitchen Secrets. (R) 3.55 Raymond Blanc's Kitchen Secrets. (R) 4.26 The Trials of Life. (R) 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. (R) 6.30 Country Show Cook Off. 7.00 Great Continental Railway Journeys. (R) 8.00 Masterminds. 8.30 Gardeners' World. 9.00 Film. The Wildest Dream Conquest of Everest. (2010) The story of George Mallory's fatal bid to climb the mountain. 10.30 Comic Relief. Funny for Money. 11.10 Newsnight. 11.00 The Review Show. Weather. 12.25 Film: The Reader. Meinhof Complex. (2009) 2.45 Sign Zone. Question Time. (R) 3.45 This Is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Dickinson's Real Deal. (R) 3.00 The Alan Titchmarsh Show. 3.55 ITV London. Weather. 4.00 Ade in Britain. 5.00 The Chase. 6.00 ITV News London. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 You've Been Framed! (R) 8.30 Coronation Street. 9.00 Flies Morgan's Life Stinks. Bruno Tonioli. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 Film: Mad Max 2. (1981) 12.30 Jackpot247. 3.00 Film: Columbo: Troubled Waters. (1975) 4.40 ITV Nightscreen.

Channel 4 6.05 Sail Me! (R) 8.10 The Hooks (R) 8.35 A Racing Pedrai For the Love 7.00 According to Jim. (R) 7.25 Everybody Loves Raymond. (R) 7.55 The Morning Live. 8.55 Fraser. (R) 9.25 Fraser. (R) 10.00 Grand Designs Australia. 11.00 Come Dine with Me. (R) 11.30 What's Cooking? 12.30 Channel 4 News Midday Summary. 12.35 Cheltenham Festival. Including the Betfred Cheltenham Gold Cup Steeple Chase (3m 2 1/2f) 4.20 Deal or No Deal. 5.10 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.30 Cheltenham Gold Cup Re-Run. 7.25 4thought.tv. 7.30 Meteor Strike. Fireball from Space. (R) 8.30 Stephen Fry Gadget Man. (R) 8.00 Film: The Bank Job. (2008) 11.15 Random Acts. 11.20 Film: Fight Club. (1999) 2.00 Cheltenham Festival Highlights. 2.45 2 Broke Girls. 3.10 Happy Endings. (R) 3.30 Southland. 4.15 A Place in the Sun Winter Sun. (R) 5.10 Deal or No Deal. (R) 5.55 Kirstie's Handmade Treasures. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 London: The Inside Story. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 Person of Interest. (R) 3.15 Film: Flower Girl. (2005) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6. 30 7.00 Police Interceptors. (R) 5 News Update. 8.00 Ice Road Truckers. 9 News at 9. 9.00 The Mentalist. 10.00 CSI: Crime Scene Investigation. (R) 10.55 CSI: Crime Scene Investigation. (R) 11.55 Inside Hollywood. (R) 12.00 SuperCasino. 3.55 Motorsport Mundial. 4.20 Great Artists. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 HouseBusters. (R) 5.35 Wildlife SOS. (R)

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Food bills to surge 12.1%, potentially putting families into poverty

FOOD POVERTY in the UK isn't a shocking level and is set to get worse, according to new research.

It has found that at least 4.7 million Brits could be described as being in food poverty – having no choice but to spend 10 per cent or more of their household income on food and making bad nutritional choices.

Worryingly, the average household food bill will rocket by £357 by 2017, says a report issued this week by Kellogg's (compiled in association with the Centre for Economics and Business Research).

Money troubles are a result of job losses, rising food prices and benefits changes have led to people spending more on food, but eating less and turning to foodbanks as they struggle to feed themselves and their families.

Kellogg's has teamed up with foodbank charity Trussell Trust to highlight the issue and has pledged to donate 15 million breakfasts and snacks to people in need by the end of 2016.

The report, which will be sent to politicians, also asks the UK Government to measure and monitor food poverty in a similar way to how it monitors fuel poverty.

As the country is still gripped by the recession, more and more people are going hungry and having to resort to foodbanks, which give out a three day pack of essentials. Single parent households and pensioners are the most likely groups to be in food poverty.

The poorest households in the UK have cut back on fruit (by 20 per cent) and vegetables (by 12 per cent) as people struggle to afford basic nutritious food.

People are spending more on food, but actually eating less as household spending on food and non-alcoholic drink has increased by almost 20 per cent in the past five years, but the volume of food consumed dropped by a little over seven per cent.

The poorest households in the UK spent almost a quarter of their income (23.8 per cent) on food in 2012 compared with an annual spend of around four per cent by the richest households.

Tough economic times combined with high food prices has led to an increase in foodbank use over the last four years.

The Trussell Trust estimates more than 280,000 people will be fed by their foodbanks in 2012/13.

Chris Mould, chairman of Trussell Trust said: "We welcome this in-depth research by Kellogg's.

"It provides powerful further evidence that UK food poverty needs serious and urgent attention.

"The research findings are shocking, though perhaps not surprising, and are deeply concerning as they highlight the reduced level of nutrition as well as the reduction of food consumption overall.

"The research reflects what Trussell Trust foodbanks are experiencing on the ground every day we're meeting mothers who are skipping meals to feed their children, or people forced to choose between paying the bills or buying food.

"We've been working hard to provide nutritionally balanced emergency food to people in crisis and are delighted that Kellogg's are partnering with us to help stop UK hunger."

Kellogg's has also found that four out of five teachers say some of their pupils are coming to school hungry.

It has set up more than 1,000 breakfast clubs helping to provide more than two million breakfasts a year to children in need over the last decade.

In this report, Kellogg's calls upon other large food manufacturers to do even more to help communities.

Households which have to spend more than 10 per cent of their income on food could be described as being in food poverty, especially if they are cutting back on nutritious food.

Jonathan Myers, managing director of Kellogg's UK, said: "It is a sad fact that there are people in the UK who cannot afford to feed their families.

"A huge change needs to take place to tackle food poverty and the food industry can play a crucial part by donating more surplus food.

"Kellogg's is continuing its work to set up and support more breakfast clubs in vulnerable areas of the country as well as donating food to foodbanks across the UK.

"We'd encourage the whole of the food industry to do more and donate surplus food to help families living in food poverty."

Waitrose in record expansion of £1bn essential Waitrose range

NEARLY 400 everyday shopping items will be added to the essential Waitrose range during the year, further underscoring the grocer's commitment to offering shoppers quality products at affordable prices.

New essential Waitrose products will launch across existing categories and in new areas including further expansion into non-food. In total, 700 essential Waitrose products will be new or improved in 2013.

essential Waitrose, which represents 18% of total sales at Waitrose, launched in March 2005 with 1,400 lines of staple grocery items in meat, fruit & veg and milk.

The range has since grown to 1,800 lines across most key product categories including homewares products such as plates, wine glasses and saucepans.

The essential Waitrose range continues to meet the high standards of Waitrose quality and care, all beef, pork and chicken is British, all eggs are free range and all bananas are Fairtrade for example. All UK growers which supply essential Waitrose fruit and vegetables are accredited by LEAF.

Waitrose's promise to offer the best value and quality to shoppers also includes its Brand Price Match commitment to ensure that branded products are the same price as Tesco, excluding promotions. The grocer also adds promotions to more than 1,000 products each week and offers its myWaitrose members special deals and tailored offers.

Waitrose marketing director, Rupert Thomas, said: "When we launched essential Waitrose four years ago we set out to offer the quality our customers expect from us with the reassurance of Waitrose values at affordable prices. The success of the range has been overwhelming, 79% of shoppers now add an essential Waitrose product to their basket when shopping with us. We will continue to grow the range in existing and new product categories, underlining our promise to offer customers the best value without ever compromising on quality."

Life of Pie

WAITROSE is celebrating the launch of a special new product, inspired by the recipe of an ITV Lorraine show viewer.

In autumn 2012, Waitrose teamed up with the Lorraine show to launch a competition to find 'Britain's Best Pie' and viewers were invited to submit their very own homemade pie recipes. The winning recipe would then appear on the supermarket's shelves.

Along with hundreds of other home cooks, Sheena Spence, from Ayr, Scotland entered her recipe for an apple, Stilton and fig pie into Lorraine's search. The competition was tough but the judging panel, made up of chefs Jean Christophe Novelli and Dean Edwards along with Sam Dickson, Waitrose Head of Brand Development and Product Innovation, whittled down the list to just three finalists.

It was then put to viewers of Lorraine and Waitrose shoppers to pick a winner. Sheena's recipe was their top choice.

Waitrose will launch the Shortcrust Pastry Apple, Stilton & Fig Pie, inspired by Sheena's recipe to over 150 branches across the country today (25th February).

Keen baker Sheena Spence, said: "I saw the competition and thought I could have a go at that." Sheena admits she tends to make up recipes according to what's in her cupboard. "Sometimes it works, and other times it doesn't – thankfully this time it did."

As well as having her recipe appear on Waitrose shelves across the country, Sheena won £1000 in vouchers which she has put to good use. She says, "I've bought a food mixer! Until recently, I'd been doing all my baking by hand." Her new equipment is very timely as she has been inundated with requests to make the pie since winning the competition. She continues, "I can make it in my sleep!"

Presenter Lorraine Kelly said: "I really enjoyed Sheena's pie, it was absolutely delicious and it's great that from today Lorraine viewers from around the country will also be able to try it. The apple, stilton and fig combination goes together so well, it's just a lovely comforting dish."

Waitrose Shortcrust Pastry Apple, Stilton & Fig Pie is available in 239 Waitrose shops, £2.99 for 220g pie, serves one from the 25th February.

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15 AUGUST–14 SEPTEMBER
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THE RESISTIBLE RISE OF ARTURO UI
By BERTOLT BRECHT
in a translation by GEORGE TABORI revised by ALISTAIR BEATON

18 SEPTEMBER–19 OCTOBER
ANOTHER COUNTRY
By JULIAN MITCHELL
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Asian Ginseng can spice up your life

Denise Kelly

WE ALL want to stay sexy and young don't we? How can we do this? Well, of course clean living and good whole foods are vital, but there are herbs and spices available to us that can help on that journey and Asian Ginseng is one of them. Ginseng is classified as an "adaptogen", helping the body to adopt to stress, improving stamina & concentration & providing a normalizing & restorative effect. It is also widely promoted as an aphrodisiac.

Asian ginseng is a traditional herb used in Chinese medicine to promote strength and longevity. It may also act as oestrogen like to keep your va va voom alive for all of eternity! Asian ginseng contains compounds known as ginsenosides that are thought to give ginseng its medicinal properties. Ginsenosides have anti-carcinogenic and immune defending effects. In studies carried out last year several individual ginsenosides were seen to significantly suppress tumor cell growth and ginseng consumers had a lower risk for several different types of cancer compared to those who did not consume ginseng, suggesting that ginseng may have neo-organ-specific anticancer agents effects. In other words it has amazing health benefits for the whole body.

Ginseng has a history of herbal use going back over 5 000 years. It is one of the most highly regarded of herbal medicines in the Orient, where it has gained an almost magical reputation for being able to promote health, general body vigour and also to prolong life. In the last decade it has gained popularity in the West and there is extensive literature on the beneficial effects of ginseng and its constituents.

For a prolonged and happy life, the two organs we most want to feed are the heart and the brain. The heart is our primary organ, and it needs lots of healthy fats (think Omega 6) to cook up our fantasies and functions at top form. What's interesting to note is that our heart sends more signals to the brain than the other way around. While science figures the meaning of that out, the rest of us can concur that when it comes to a healthy prolonged life full of love a healthy heart is key.

Our skin may be the largest organ of our body, and the one that expresses most of the sexy fun, but it is our heart that we most want touched when we are engaged in life's best pleasures. So, to protect that, to help strengthen that, it's Ginseng all the way!

Asian ginseng

Caution: Ginseng can actually be toxic if over used for many years so short courses of 3 – 6 months use and then give the body a break is the best, most effective way to get the greatest benefits from its wonderful magical powers!

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.deniselkelly.co.uk

What you need to know about B12

VITAMIN B12 is essential to the very foundation of life itself. It's one of the building blocks your body uses to produce DNA. It also keeps your immune system functioning optimally, regulates mood and sleep cycles, and is crucial to energy production, which is why it's known as the "energy vitamin". It also protects your brain and nervous system by keeping nerves healthy and communicating in an optimal manner and emerging research is showing that B12 helps to lower levels of the stress hormone homocysteine, making it another vital player in maintaining heart and brain health.

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UK health secretary's 'call to action' over early deaths

HEALTH SECRETARY Jeremy Hunt has announced new plans to help save 30,000 lives this decade by fighting against the five big causes of premature death.

The mortality call to action, as the UK Government is describing it, outlines Hunt's ambition to cut avoidable deaths from the five major causes – cancer, heart, stroke respiratory and liver disease – and to make England among the best in Europe.

This comes as new research in The Lancet reveals that the UK is lagging behind progress by similar countries in many indicators for ill-health.

With these five conditions currently killing more than 150 000 people under 75 every year, and with cardiovascular disease (CVD) representing about 30% of all deaths in 2011, taking action on these five big killers will have a major impact in saving more lives, according to the government.

Hunt has also published a cardiovascular disease outcomes strategy, which will support the NHS and local authorities in delivering improved outcomes for those with or at risk of CVD.

He said: "Despite real progress in cutting deaths we remain a poor relative to our global cousins on many measures of health, something I want to change.

"For too long we have been lagging behind and I want the reformed health system to take up this challenge and turn this shocking under-performance around. [These] proposals for those with cardiovascular diseases will bring better care, longer and healthier lives and better patient experience – which we must all strive to deliver."

The CVD strategy builds on existing work and guidance and sets out ten key actions, including:

- Promoting NHS Health Checks to improve prevention and management of those at risk of CVD by targeting advice and support to areas where their use is patchy.

Getting all parts of the country to meet the performance levels of the best – for example, if all patients suffering from a transient ischaemic attack (or mini stroke) were treated as rapidly as those treated in the top 25% of hospitals, 540 strokes would be avoided each year, saving £4.5m per year.

- Better detection and management of CVD risk factors such as atrial fibrillation (a condition which puts people at higher risk of stroke) which could save 2,100 lives.

The latter could be good news for the manufacturers of the new oral blood thinners – Boehringer's Pradaxa, Janssen and Bayer's Xarelto and Pfizer/BMS Eliquis – all of which are now NICE recommended for stroke prevention in patients with AF.

Check out your family medical history - it could save your life

RECENT advances in genetic testing mean that women with a family history of ovarian cancer can save their lives by finding out more about their own risk of developing the disease. However, a recent nationwide survey found that a staggering 63% of women who knew they had a family history of breast and / or ovarian cancer have not consulted their doctor for possible referral to a genetic check for counselling and discussion regarding testing.

The survey, conducted by leading charity, ovarian.org.uk to mark Ovarian Cancer Awareness Month in March, also reported that 20% (of the 63% of women who knew they had a family history of breast and / or ovarian cancer) failed to undertake any further investigation into their family medical history.

Of the 2,000 UK women aged 18+ who were surveyed, over 66% were not aware of the main symptoms associated with ovarian cancer. Of those that were, 30.7% would never visit their doctor if they were experiencing bloating (one of the main symptoms of ovarian cancer) and it would take them two weeks to visit to doctor if they had pelvic / abdominal pain (30.5%).

Whilst it is extremely encouraging to know that 99% of respondents are aware that ovarian cancer exists, a shocking 90% of respondents said they had never asked their doctor for an ovarian cancer test, with over half of them claiming "they didn't know you could be tested for ovarian cancer."

Gilda Witte, CEO of Ovarian Cancer Action explains, "Ovarian cancer is still the most deadly gynaecological cancer - with 7,000 new UK diagnoses each year. Ovarian cancer has long shaken off its title as 'the silent killer'. Experts insist there are symptoms – and both women and health professionals need to be more vigilant in spotting them quickly.

"Most women in the UK are not diagnosed until it has already spread, resulting in poor survival rates. Many doctors mistake ovarian cancer for Irritable Bowel Syndrome – but there is a difference. Ovarian cancer symptoms are frequent and persistent whilst IBS symptoms come and go. What's more, it's important to stress that cervical screening doesn't test for ovarian cancer. 25% of the women surveyed thought they had been tested for ovarian cancer but actually three quarters of those women claimed this had been carried out using a smear test.

"We are now urging doctors, particularly when dealing with older women, to rule out ovarian cancer first – before considering more minor ailments like gallstones and irritable bowel, as the earlier that you are diagnosed, the better your outcome will be. We want know their bodies and know when something is wrong. If you are suffering from many of the symptoms – whether it's persistent bloating, pelvic pain or needing to pee more often – don't wait for it to go away or to get any worse."

Micro incision cataract surgery

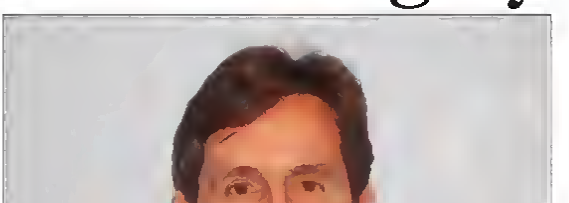
MICRO INCISION cataract surgery is a new ophthalmic laser offered by Mr Peter Fox, Consultant Ophthalmic Surgeon at Chichester Nuffield Hospital.

A cataract is a clouding of the lens within the eye, most are due to the normal effects of ageing of the eye, it can be compared with a window that is frosted or covered in steam. Some patients develop cataracts due to other factors, such as an injury to the eye, existing medical problems such as diabetes or a family history. The most common symptoms includes poor night vision, needing brighter light to read, painless blurring of vision and more frequent prescription changes for glasses. It is important to remember that cataracts are not a cause of irreversible blindness, they do not spread from one eye to the other and is not a film developing over the eye.

Most cataracts are detected by your optician during a routine sight test and the majority of patients simply need a change of glasses in the early stages of cataract development. Not all symptoms of visual loss are due to cataract, there may be other reasons such as problems with the retina or the optic nerve, but as a consultant ophthalmic surgeon Mr Peter Fox will be able to discuss the likely visual improvement after surgery. Cataracts develop differently for each patient and although most age related cataracts develop over years, cataracts in younger people and those with diabetes can rapidly worsen over a period of months. As the cataract develops and begins to interfere with daily activities then surgery should be considered. Modern cataract surgery is considered to be a highly successful procedure with improved vision in over 90% of cases, Mr Peter Fox continually audits the outcomes of all of his cataract surgery, currently over 3300 cases.

Cataract surgery is usually carried out under local anaesthetic and does not normally require the patient to stay in hospital. During the 1990's there was a dramatic change in cataract surgery with the introduction of small incision phaco emulsification which replaced the need for a large sutured incision. Also during the 1990's the lenses used changed from rigid to foldable implants and this further reduced the incision size. This micro incision surgery phaco-emulsification system at the Chichester Nuffield Hospital has reduced the incision size even further to 2.2mm and offers the patient rapid visual recovery due to quicker wound healing, and the smaller incision leads to a lower risk of infection post operatively.

During cataract surgery the "hazy" cataract is removed and a new plastic lens is inserted into the capsule. Over a period of years, but occasionally within months the capsule itself becomes cloudy in about 20% of patients. If your vision blurs it is important that you consult your optician or



Mr Peter [illegible]

ophthalmic surgeon, if a cloudy or wrinkled capsule is discovered, laser treatment would be recommended to restore vision. Mr Peter Fox has recently invested in to use at the Nuffield Hospital for these patients, this is the world's best-selling YAG laser. Using laser a small targeted opening is made in the back of the capsule, the procedure is painless and only takes a few minutes, it is carried out in an outpatient clinic and the patient should expect an improvement in vision within 24 hours.

As with all surgical procedures, you should take the time to discuss with your ophthalmic surgeon the details of your own medical history and the risks and benefits of the procedure.

For more information please call 01243 753017 or visit nuffieldhealth.com/chichesterhospital

Fashion & Lifestyle

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Sew, don't throw!

CLOTHES should fit you, you needn't fit them The garments that slide onto your gorgeous form and make you grin at your reshoot reflection are usually the ones that fit the best. What a shame that we all can't remember this though! Celebrities – who can spend hours exercising every day and have chefs to keep their diets monitored – have every single item of clothing they own tailored to fit, including plain tee shirts and camisoles! No one is not even a professional clothing model, looks amazing in every garment ever designed.

Don't let ill fitting clothing convince you that you're a strange body shape or unable to wear a certain style but trying to achieve these necessary adjustments can be a real challenge. If like many hobbits, thimbles, daggers and machine oils strike dread rather than creative excitement, then have no fear, Stephen Lawrence Ladies Wear & Seamstress Ali, is here to save your bad wardrobe day!

The popular Chichester retailers have offered a fantastic alterations service for many years now, assisting hundreds of their customers with ensuring that the beautiful clothes purchased from their shop fit correctly.

Understanding how people can fall in love with their clothes and mindful of the challenging economic climate the current census with clothes now is very much about downsizing with common sense and updating a once loved wardrobe intelligently. Ali says "Why throw away that pair of Jeans that fit you so well before, when you can have them altered for just a few pounds."

With a background in retail herself, Ali has always worked in fashion, with travelling around the world on the cruise ships a real highlight of her exciting career, perfecting those all important sewing skills as she went. With a great eye for detail, like the rest of the Stephen Lawrence team, Ali prides herself on achieving perfect results for her customers.

Met with all kinds of requests over the years, Ali has created some marvellous pieces for clients, including the merging of two items into one, as well as countless adjustments, tucks and folds. "My goal is to make a garment we sell in the store the best fit possible, without losing the original style" Ali says "Working with Stephen Lawrence Ladies Wear, I get to work with sumptuous fabrics, first class designers and unique styles."

Providing the first class bespoke alterations service through Stephen Lawrence Ladies Wear, many a customer return again and again to ensure that their clothes remain a good fit as well as elegant in style.

Offering the alterations service independently, for items not purchased through the store, Ali can be contacted on 07771 916 7165 to arrange appointments and collections.

Stephen Lawrence Ladies Seamstress Ali hard a work, altering a designer dress for a customer

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Men shun sports for suits as most popular look this season

ACCORDING to site statistics released by MyVoucherCodes.co.uk, men are shunning sporty style in favour of more formal attire, with formal menswear beating casual clothing when it comes to the numbers of searches made on-site throughout February.

It appears that awards season may have had quite an impact on the styles of men around the UK, as new site statistics released by the UK's largest discount website have revealed that formal men's clothing retailers are beating casual retailers to the popularity top-spot when it comes to searches on-site.

The statistics were released after MyVoucherCodes.co.uk witnessed a notable increase in the numbers of searches made for retailers selling formal menswear throughout the month of February, coinciding with awards season.

The statistics reveal that searches for retailers selling formal men's attire, such as suits and shirts, have risen by 192% throughout the month of February when compared to the previous month. Furthermore, searches made for discounts for retailers selling formal menswear were 32% higher than those made by bargain hunters on-site for retailers selling casual and sportswear.

Trends, trends, trends!

IT WAS a fashion overload last month. It started with a whole week of satirical chattering at London Fashion week, we dipped to the Brits and then zoomed into the star demeanor at the Oscars. Now it is Milan's Fashion week. I can't keep up. Blink and you have missed all of it.

For those who are creative and enjoy looking at these new collections, I can't help but feel and wonder what the point of all this is. In the past, you could easily identify an era. For instance, takes the 1950s, we can categorise the 10 years of fashion with full skirted, calf length dresses that highlighted small waists. Hats and gloves were accessories and Jeans were utilised on occasions. People had one suit and far less multiple top collaborations than we have today. These days, a pair of jeans has become part of our staple wardrobe attire.

The synopsis for the past 10 years of fashion is only slightly more elaborate, despite the numerous and mixed fashion trends of the 2000's. Items of clothing which were predominant and popular throughout the decade include Ugg boots, velour tracksuits and skinny jeans. We look at ourselves 5 years ago and cringe at those photos of us with camel toe trousers and over GHDed hair and ask why did they not stop me before I left the house? To be fair, everyone else was looking the same.

Are we in need of more editions to our ever expanding wardrobe? Forecasting

trends is a big business and creative industries rely on this information so they can be the prominent player in the business. They are already creating 2014 Autumn/Winters looks before you have stepped out in 2013's clothes.

So, should we embrace our own style and not be lead by others? What has come out of the past decade is the desire to recycle and reuse, even within our ever prominent throwaway society. Furthermore, eco friendly and ethical clothing, such as recycled fashions and fake fur has been prominent in the decade. Vintage clothing has gained resurgence, worn and embraced in its original era and alternately styled with current garments. Ingenious ideas like clothes swaps (aka swishing) are brilliant ideas to revive your wardrobe. Look at the catwalk and high-profiled events to gain your inspiration. With no money exchanged and a new item acquired, you have saved a few items from the charity shop and rewarded your outfit for the forth coming months. To look up a swish event in your area take a look here: www.swishing.co.uk.

Alex Cuyovie is a Textile Designer and Illustrator. Collector of the unique. Lover of traveling, learning and creating. She is the creator of The Vintage Parade.
www.vintageparade.co.uk

Horoscopes

Horoscopes from Kimi
8 March - 15 March 2013

Aries

That career change that you have been thinking about will have to wait a little while longer It appears that you may be tied in to your present career by a long contractual termination clause or simply by financial constraints Just build on the positivity that you are now seeing

Taurus

You are being asked to take a leap of faith this week and to trust another s instinct this does not sit well with you You like to know exactly where you are headed This could however help with your emotional development but just don t part with too much cash

Gemini

You are about to change your future in a big way but you still need to put in some work! You are very self aware and know your own foibles You know you are an all or nothing person. This is an "all" time. you need to put in maximum effort this week

Cancer

You are rushing headlong in to a relationship over which you appear to have no control You will find your emotional feelings a little overwhelming and difficult to deal with Hang on in there and you may reach a more romantically settled plateau

Leo

The future seems scary at the moment but it is the future it is not here yet Stop worrying and get some sleep things have a way of unfolding without you trying to corral them into your timetable Time for you to relax

Virgo

When I said there may be a new romance on the cards I did not mean you to get carried away with some of your romantically whimsical ideas Your heart may be thumping but keep it well and truly in your chest No time never let it on your sleeve Head this advice and you are in for a good time

Libra

You may yourself feel a little under the weather and do not feel energized this week and your money matters may give cause for concern but don t let lethergy and financial issues which can and should be dealt with, hold you back. Remember fortune favours the brave This is your time These difficulties may be character building and actually give you valuable skills for the future

Scorpio

Friends and or family may be making demands this week Keep your cool and you will keep your relationships which is after all what you want. Things will get better on familial front by the end of the week. And do stop worrying. I know that is hard for you but do try That burning issue is in fact nothing more than a smoldering niggle

Sagittarius

You need to keep a tight rein on your finances this week Don t purchase that luxury item you are thinking about without thinking about how it is to be paid for Don t lose faith in yourself your colleagues certainly have faith in you You are the one to turn to in a crisis

Capricorn

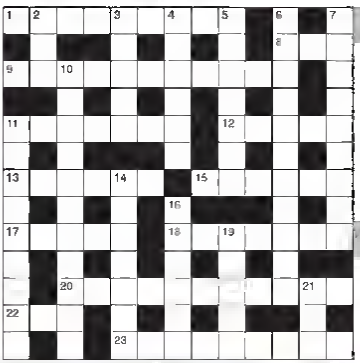
Don't be shocked by the realization that things are much better than you thought. In fact you are far more influential than you think You need to set a good example as friends and family will be following your lead

Aquarius

Stop trying to control everything You may have to do some ground work on a project as a freebie but this should pay dividends later on Keep up the flirting

Pisces

Lectures seminars and workshops are on the agenda this week. You are extremely competent and hardworking and what s more you are prepared to listen and learn This pattern continues but this week is about mutual communication Your colleagues will learn as much from you as you do from them so no more self doubt please



This week's crossword - Clues

Across

1 Journal (9)
8. Possess (3)
9 Meaning (11)
11 Agitation (7)
12 Mistake (5)
13 Harmony (6)
15 Firm (6)
17 Heavenly body (5)
18 Caller (7)
20 Change direction (5,6)
22 Transgression (3)
23 Deck worker (9)

Down

2 Tree (3)
3. Value highly (5)
4 Inserts (6)
5 Apparel (7)
6. Writer for a publication (11)
7 Undercliethes (9)
10 Go separate ways (4,7)
11 Right to vote (6)
14. Revolves (7)
16. Unwilling (6)
19 Inclination (5)
21 Prefix to Knight's name (3)

Last week's solution

ACROSS 7 HAPPEN 8 POLITE 10 TRADUCE 11 SIGHT 12 LEES 13 SPLIT 17 HEART 18 KNOW 22 LOWER 23 TENSION 24 STRIVE 25 FUNNEL
DOWN 1 WHITTLE 2 APPAREL 3 BEGUN 4 WORSHIP 5 DINGY 6 JETTY 9 DESPERATE 14 REPROVE 15 ANCIENT 16 TWINKLE 19 BLESS 20 SWARM 21 ANNUL

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Bank Holiday botchers could face big bills for their dodgy DIY

WHILE householders across the UK dust off their toolboxes ready for Easter Bank Holiday, Halifax Home Insurance urges them to check they are adequately covered to avoid unexpected bills. While 63% of people say they carry out their own home improvements to save money, the latest research from the insurer showed that a quarter of homeowners do not know whether their home insurance covers them for accidental damage and one in 10 have no home insurance at all. Those who aren't covered could face bills running into the thousands if things don't go to plan.

Martyn Faulds, senior claims manager at Halifax Home Insurance, said, "These figures suggest that homeowners who are trying to save cash by carrying out DIY are potentially risking hefty bills, so it is worth ensuring you have the right cover before embarking on any home improvements over the holiday. For more specialist jobs, such as those involving gas, electrical, plumbing or structural work, it's always best to call in the qualified experts, otherwise homeowners risk invalidating their home insurance policy if things go awry."

While more than three quarters (77%) of householders would be confident enough to tackle painting, and half would attempt to put up shelves, more than ten per cent (11%) would fit a new kitchen, and one in 20 (5%) would be willing to fit a new gas fire themselves, something Halifax would not recommend.

Halifax Home Insurance offers the following tips to help those planning to DIY this Easter Bank Holiday weekend:

- Preparation is key – make sure you have all the correct tools and equipment for the job before you start to avoid coming unstuck later on.
- Plan a budget beforehand and stick to it.
- Call a professional for jobs involving gas, electrical or plumbing work. When choosing a tradesman, ask for references and certificates to demonstrate that they are competent and reliable.
- Contact your insurer if any work is being carried out which will change the structure of the home such as an extension or garage, etc.
- Accidental damage to some parts of the home such as sinks, baths and ceramic hobs is included in many home insurance policies, but it is worth considering purchasing additional accidental damage cover to protect against common DIY mishaps such as spilling paint, drilling through pipes, or putting feet through ceilings.

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CORONATION FESTIVAL AT BUCKINGHAM PALACE
12 JULY 2013
Adult, Senior Citizen & Child £58

This event will be showcasing Royal Warrant Holders in the splendour of the Palace Gardens. You will be able to experience, learn about and shop from the Royal Warrant Holders along with taking morning coffee, afternoon tea or lunch within the catering concessions or purchasing their own hamper to lunch on the lawn (not included). The Festival will coincide with the 60th anniversary of The Queen's Coronation and is a celebration of excellence and innovation, bringing together for the first time, on this scale, those individuals and companies that hold Royal Warrants of Appointment.

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IDEAL HOME SHOW
EARLS COURT
16 MARCH 2013
Adult & Senior Citizen £36 & Child £20

This annual ever-popular show is back with over 600 leading retail brands offering products and services.
If you are looking for the biggest selection of latest, most stylish products and best range of ideas for your home, the Daily Mail Ideal Home Show is the place to be.

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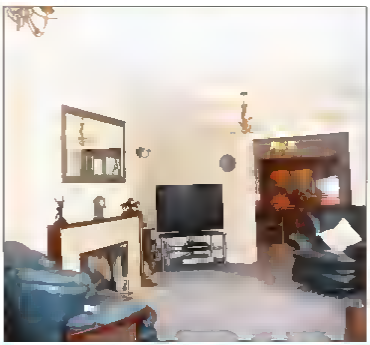

Moving down the property ladder can pay off

DOWNSIZING in a flat market may not seem appealing but it could net you a sizeable sum of money to play with.

Moving to a smaller property can be a heart wrenching decision and you may find a blast of reasons not to bother, but new research reveals that downsizing could be well worthwhile.

Figures show that if you swap a large, mortgage-free, five bedroom plus home in Harrogate for a two bedroom property in the same town, you could pocket over half a million pounds.

Naturally, those in the biggest properties in the best areas will benefit most from downsizing, though there are wide disparities throughout the county.

Swapping a three-bedroom for a two-bedroom property will give a county average profit of £44,503.

Neal Hudson, Associate Director of Residential Research at Savills, says: "Moving to a smaller home after the children have flown the coop probably sounds a very sensible idea for many people. Not only will they be living somewhere cheaper and more manageable to run, but they are also likely to be able to release wealth that could help to fund their later years or be passed to younger family members trying to get on the housing ladder.

Indeed, retirees and those 55-plus, who are approaching retirement, have a great deal of equity tied up in their homes. Our analysis suggests that in total, two-thirds of all the wealth tied up in owner occupied homes is held by this age group."

According to the Survey of English Housing, there has historically been a surprising level of resistance to moving among older people, despite the fact that half of over-55s have a bigger home than they need.

Those in their retirement years account for just 6.5 per cent of all home movers each year and downsizing tends to be triggered by a life event that highlights the need for a smaller property.

Until then, elderly people may be deeply resistant to leaving the family home and the neighbourhood, according to a 2009 report by the Centre for Housing Studies.

However, downsizers of all ages now drive 22% of prime London sales and 38% of those in the prime regional market.

Downsizing by at least two bedrooms in the South East brings the greatest rewards. A move from a five- to a three-bed home there would release an average of over £450,000 and that figure will rise significantly if you move from a high value area to one where average prices are lower.

The trend towards downsizing in general is likely to gain momentum as parents increasingly tap into their equity to help their children on to the housing ladder.

Neal Hudson says: "Already over the past five years, our figures show that first time buyers have received two or three times as much parental help with their deposits as they did before the financial crisis.

"It's interesting to compare the amount of cash released by a mainstream move from a three- to a two-bedroom property with the average deposit needed by a first-time buyer. Although there is some regional variation, this comparison indicates such a move would release equity worth two to three times the size of the deposit needed.

"Even away from the upper end of the housing market, downsizing by parents could be a Godsend for first time buyers that helps to fuel sales in the lower echelons."

This is likely to underpin an increase in downsizing, says Savills. It calculates that 55,000 homeowners now downsize each year, releasing equity of around £7 billion. Over the next five years, it believes that the figure will rise to 90,000 households moving down the property ladder to release equity of around £14.6 billion.

Other good reasons to go smaller include lower energy bills and less maintenance, although those who decide to stay put often say they are waiting for prices to rise back to their 2007 height and perhaps beyond. They may have a long wait for that.

Savills believes that while London will see a 21 per cent growth in house prices by 2017.

Average house prices should stabilise this year, they say, but will struggle to show inflation beating growth for the foreseeable future.

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ALDWICK BAY ESTATE **£670,000**

A spacious detached house situated in quiet cul-de-sac of private marine estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extensive and modernisation. G.F.H. u.P.V.C. double glazing, fascias & soffits, cavity wall insulation, cloakrm, lounge, dining rm, sitting rm, kitchen/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens including a secluded courtyard garden with heated swimming pool. EPC rating is D

ALDWICK **£825,000**

A detached four/five bedroom residence situated on the beach front of a private marina estate, central heating by air source heat pump, u.P.V.C. dble glazed, u.P.V.C. fascias and soffits, fitted carpets, sec.alarm, ground floor shower room, ground floor bedroom/study, kitchen/breakfast room, utility room, further w.c., first floor living room with full width balcony and panoramic sea views, master bedroom with dressing room and en suite shower room, guest bedroom with en suite shower room, two second floor bedrooms with bathroom, double garage, South facing garden fronting the private beach. E.P.C rating is E

ALDWICK **£625,000**

A spacious three bedroom detached bungalow situated on the beach front of a private marine estate. Built in the 1970's and requiring modernisation and some refurbishment, majority double glazed, gas central heating, u.P.V.C. fascias/soffits, large open plan living area, gas fired kitchen/breakfast room, utility room, master bedroom with en suite shower room, two further bedrooms, bathroom, double garage. South facing garden with direct beach access. SUPERB SEA VIEWS. EPC rating is E

CRAIGWEIL PRIVATE ESTATE **£465,000**

A detached cottage style house situated in a cul-de-sac of the private estate just 300 yards from the private beach. G.F.H., u.P.V.C. d/glazing, triple aspect lounge, good sized dining room, fitted kitchen with separate utility room, cloakroom, four bedrooms (one with walkin wardrobe/storage area), bathroom, garage and delightful mature gardens. EPC rating is E

ALDWICK **£325,000**

A three bedroom first floor apartment in development of six in walled gardens immediately adjacent to the beach, gas central heating, u.P.V.C. double glazed, carpets, cloakroom, lounge dining room with library area, South facing balcony, kitchen, master bedroom with en suite bathroom and dressing area, second bathroom, garage. UNOBSTRUCTED SEA VIEWS. EPC rating is C

ALDWICK BAY ESTATE **£275,000**

A three bedroom ground floor apartment situated in a quiet cul-de-sac of the Aldwick Bay private marine estate approx. 300 yards from the private beach, gas c.h., u.P.V.C. dble glazed, fitted carpets, dual aspect living room opening to a South facing courtyard garden, dining hall, kitchen, three bedrooms, bathroom, cloakroom, garage and communal gardens. EPC rating is D

ALDWICK **£149,950**

A one bedroom close care apartment in the grounds of the Royal Bay care and nursing home, purpose built to let elderly user friendly with many safety features and the availability of any level of assistance from the care home. The property has been recently refurbished with new carpets, replacement shower room, refurbished kitchen and an internal redecoration. Gas c.h., double glazing, living room and a communal laundry room. EPC rating is C

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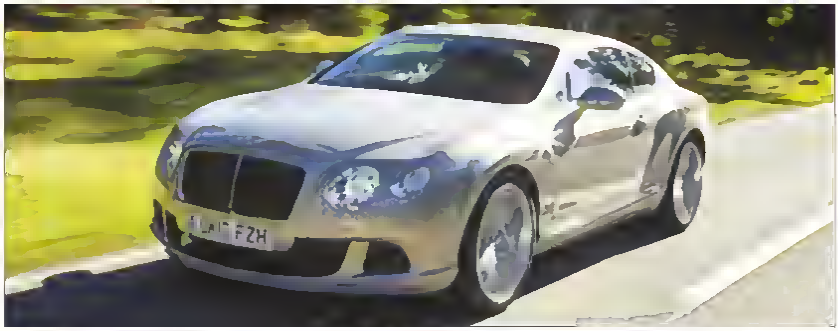
Cars targeted by thieves and vandals revealed



OWNERS of Smarts, BMWs or Maseratis are the most likely to be targeted by thieves and vandals new research has revealed

But, Bentley drivers might also want to pay special attention to the safety of their vehicles too

Car insurance specialist Admiral looked at over 700,000 claims and found that Smarts were the make of car most likely to have something stolen from them, BMWs were the most likely to be stolen and Maseratis the most likely to be vandalised * But Bentleys appear to be a risk across the board, appearing in the top five on the lists for having something stolen, being stolen, and being vandalised

The top five lists are as follows:

Makes most likely to have something stolen from them

1 Smart
2. Bentley
3 Land Rover
4. SsangYong
5 Peugeot

Makes most likely to be stolen

1 BMW
2. Bentley
3. Audi
4. Land Rover
5 Mercedes

Makes most likely to be vandalised

1. Maserati
2. Bentley
3 Ferrari
4. Dodge
5 Porsche

Admiral managing director, Sue Longthorn, commented, "Our research shows a real mix of makes being targeted however, there's particularly bad news for owners of Bentleys which appear in second position in all three lists, it certainly suggests they are attractive to both thieves and vandals

"When specifically looking at the vandalism list, all the makes in the top five are expensive prestige vehicles, so the acts of vandalism could be down to envy against those cars and owners"

When turning to specific models, it's the quirky Nissan Figaro that's most likely to have something stolen from it, the BMW X6 that's most likely to be stolen and the Kia Soul that's most likely to be vandalised

Sue continued, "Due to its retro look the Nissan Figaro is sure to attract attention, but it also doesn't have the same security features as more modern cars, so that could make it more attractive to smash and grab thieves. It's important to remember to never leave anything on show in your car that could tempt a thief to break in

The BMW X6 is a prestige 4x4 which makes it a desirable car but the Kia Soul's popularity with vandals is baffling as unlike the makes in our other list, you wouldn't necessarily expect them to attract the attention of jealous vandals."

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Straight from the commentary box

Buckley has key role to play

Johnny Cantor

WHEN my summariser Warren Aspinall and I arrived at Bristol City on Tuesday we didn t expect to spend the journey home talking about injuries It was a drab game that's for sure but a welcome point in difficult conditions

However, the main discussion centred around the untimely injury of Albion's top scorer Craig Mackail-Smith It was difficult to hear for a man who had been out of the side and was hoping to take a rare opportunity

Albion's top scorer will miss out like several others who have been sat on the sidelines for a considerable period of time. Will Hoskins is of course another striker who s been particularly unfortunate

On Tuesday I spoke to Gary Dicker who also has suffered badly with a long term injury but is now back to full fitness He offered words of encouragement for his team mate

Now the search has begun for a replacement and if Gus Poyet pulls off a masterstroke it could yet define their season as they look to get promoted to the Premier league

I think it's fair to say that it's a difficult time of the season to be picking up either a decent free agent or a loan striker from a top club

Poyet will have to use all his contacts and powers of persuasion to bring in someone to replace the effervescent Mackail-Smith

I believe the role of Will Buckley now becomes key He, like CMS has pace and can act as a foil to Ulloa up front. You feel he must stay fit for the run in if the Seagulls are to set up an historic season in the top-flight.

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Craig Mackail-Smith, out of action

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Football

Two in two for City

CHICHESTER CITY will be aiming to build on their victory at Sidley last weekend, where they gained three valuable points thanks to a solitary goal from Ken Hagan

The home side dominated the contest throughout the first-half but couldn't break the deadlock and were made to pay after the break. A foul by Dan Cruikshank gave City a penalty, allowing Hagan to claim his ninth goal of the season.

Overall, it was a decent City performance, with the team working hard although their passing wasn't up to the usual standard

Joint boss Neil Sherlock said "Alex (Twitchen) and myself are obviously very pleased with two wins in a row

"But I am more delighted for the players. The commitment and desire they have shown not just recently but since the start of the season is fantastic, they should be very proud of themselves"

Chichester City have a day off this Saturday but are in action on Tuesday (12 March) at home to Lancing, kick-off 7.30 at Oaklands Park.

City: Roberts; D Smith, Northeast, Tribe, Hibbert, Shatchford, Cassasa, Hagan; F Smith, McCarthy, T Smith. Subs: Watts, Baker

City mourn Edwards

ONE of the most successful managers in the club's history passed away recently

Derek Edwards was player-coach of Chichester City between 1964 and 1969, having previously appeared for Guildford, Canterbury and Crawley

Of slight build, he was a very competitive midfielder although his appearances on the field steadily declined during his time at Chichester. Something of an 'old school' manager, in five seasons at Oaklands Park he took City to their third-ever County League title and were also runners-up twice—including the year they were pipped by Rexhill by a goal average of 0.018.

After leaving Chichester, Edwards steered Bognor Regis to the County League title in 1971/72, taking them into the Southern League. Later still, he was in charge of Newport IoW when they clinched the Hampshire League three years running (starting in 1978/79), also winning nine cup competitions in the space of four years for the Islanders.

Edwards also played cricket, and was a pretty useful batsman.

Up until recently, Edwards had still been a regular Rocks spectator at Nyewood Lane.

But recently his health had deteriorated and a couple of weeks ago Derek, aged 77, passed away. His record as a manager at non-league level speaks for itself and he'll be remembered as a legend by Chichester and Bognor supporters alike.

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Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
RINGMER	32	18	6	8	65	46	19	60
REDHILL	28	18	5	5	61	32	29	59
PEACEHAVEN & TELS	26	17	7	2	73	22	51	58
PAGHAM	28	18	2	8	65	42	23	56
EAST PRESTON	25	16	7	2	71	25	46	55
HASSOCKS	33	16	6	11	77	51	26	54
EAST GRINSTEAD TOWN	30	15	5	10	76	49	27	50
RYE UNITED	24	15	4	5	72	36	36	49
LANCING	28	13	6	9	68	47	21	45
ST FRANCIS RANGERS	29	13	5	11	53	50	3	44
LINGFIELD	27	13	3	11	61	60	1	42
HAILSHAM TOWN	27	13	1	13	55	56	-1	40
CROWBOROUGH ATHLETIC	30	12	2	16	52	73	-21	38
HORSHAM YMCA	27	12	1	14	65	53	12	37
SELSEY	29	10	6	13	38	48	-10	36
ARUNDEL	28	10	5	13	41	57	-16	35
SIDLEY UNITED	27	7	7	13	43	59	-16	28
DORKING WANDERERS	31	6	9	16	42	67	-25	27
SHOREHAM	28	8	3	17	43	73	-30	27
CHICHESTER CITY	31	7	4	20	46	84	-38	25
AFC UCKFIELD	28	3	3	22	32	98	-66	12
WORTHING UNITED	28	1	5	22	31	102	-71	8

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
NEWHAVEN	25	18	4	4	70	40	30	58
LITTLEHAMPTON TOWN	21	15	4	1	61	13	48	52
EASTBOURNE UNITED AFC	24	15	3	6	72	40	32	48
LITTLE COMMON	23	14	3	6	65	28	41	45
BROADBRIDGE HEATH	24	13	4	7	58	40	18	43
MIDHURST & EASEBOURNE	23	12	6	5	63	44	19	42
BEXHILL UNITED	24	10	8	6	52	46	6	38
LOXWOOD	24	10	6	8	44	38	6	36
WESTFIELD	23	9	7	7	44	34	10	34
STEYNING TOWN	23	8	5	10	47	45	2	29
STORRINGTON	26	8	5	13	37	56	-19	29
MILE OAK	23	7	7	9	41	40	1	28
SEAFORD TOWN	23	7	5	11	32	43	-11	26
WICK	22	7	3	12	33	51	-18	24
SOUTHWICK	23	7	2	14	42	52	10	23
RUSTINGTON	23	5	4	14	38	59	-21	19
OAKWOOD	23	4	5	14	37	65	28	17
SALTDEAN UNITED	24	0	1	23	24	130	-106	1

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
SIDLESHAM	13	10	2	1	50	18	32	32
BARNHAM	16	10	2	4	52	22	30	32
HAYWARDS HEATH TOWN	11	8	2	1	31	5	26	26
BILLINGSHURST	10	7	1	2	27	13	14	22
CLYMPING	14	6	2	6	22	23	-1	20
UCKFIELD TOWN	13	5	3	5	26	26	0	18
FERRING	14	5	3	5	27	36	-9	*18
ROFFEY	13	5	2	6	28	28	0	17
HURSTPIERPOINT	14	4	1	9	17	27	-10	13
IFIELD	12	3	2	7	24	33	-9	11
ROTTINGDEAN VILLAGE	15	3	1	11	21	55	-34	10
TD SHIPLEY	13	1	1	11	9	44	-35	4

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